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by Liz Robb

Duck Stir Fry

Ingredients

1 tablespoon of runny honey
Dark soy sauce
Hoisin sauce
Half a teaspoon of Chinese 5 spice
Salt and black pepper
2 duck breasts
4 leaves of Chinese leaf
A large red pepper
75g mange tout
A small bunch of spring onions
1 clove of garlic
A small piece of ginger
1 red chilli
Sunflower oil.
120g jasmine rice
Fresh coriander

Servings

2

Person

Preparation

- 1 To make the marinade, mix the honey, a tablespoon of soy sauce and a tablespoon of hoisin sauce in a shallow dish. Add the 5 spice and seasoning.
- 2 Remove the skin from the duck breasts, slice into short, thick strips, mix into the marinade and place in the fridge to chill until needed.
- 3 Remove tough stalks and shred the Chinese leaf, deseed and slice the pepper, diagonally slice the mange tout in half and slice the spring onions.
- 4 Deseed, halve and slice the chilli, peel and finely chop the garlic then peel and grate the ginger.
- 5 Heat a tablespoon of oil in a wok and stir fry the marinated duck for 4-5 minutes, turning once. Remove with a slotted spoon and put to one side.
- 6 Add a little more oil to the wok if needed and stir fry the sliced pepper for a minute or two.
- 7 Add the ginger, chilli, garlic, Chinese cabbage, spring onions and mange tout and stir fry for another 2 minutes.
- 8 Return the duck to the wok with a tablespoon of hoisin sauce and a good splash of soy sauce and cook briefly to warm through the duck.
- 9 Meanwhile, cook the jasmine rice according to the instructions, drain and rinse well with boiling water.
- 10 Serve the duck stir fry on top of a bed of jasmine rice, garnished with a little chopped coriander.

Cooks Note

Give the takeaway a miss this weekend and whip up this delicious stir fry, with succulent lean duck and colourful crunchy vegetables, served on a bed of fluffy jasmine rice.