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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.