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by Liz Robb

Succulent strips of duck, marinated in Asian flavours, served with a salad of

watercress, tomatoes, radishes, chilli, spring onions and coriander, and combined with fine noodles.

Ingredients

A small piece of fresh ginger
1 fat clove of garlic
2 tablespoons of dark soy sauce
1 tablespoon of teriyaki sauce
2-3 tablespoons of runny honey
1 lime
2 duck breasts
150g small vine or cherry tomatoes
A handful of radishes
1 red chilli
A small bunch of spring onions
40g watercress
A few sprigs of fresh coriander
60-70g dried fine noodles
Servings
2
Person

Preparation

1. Peel and finely grate the ginger, peel and crush the garlic and juice the lime. To make the marinade, combine the ginger, garlic, soy sauce, teriyaki sauce, honey and 1 tablespoon of lime juice. Taste and adjust if necessary.
2. Score the skin of the duck breasts diagonally a few times, then repeat in the other direction. Place in a small dish and spoon on 3-4 tablespoons of the marinade, enough to just cover the duck. Cover and marinate in the fridge for an hour or two.
3. Preheat the oven to 200 degrees or 180 degrees fan oven. Season the duck breasts lightly. Cook, skin side down, in a fairly hot dry frying pan for 3-4 minutes, to brown and crisp the skin, then turn and cook for 2 minutes on the other side.
4. Place the duck on a warmed oven tray, skin side up, and roast for the desired length of time; 10-15 minutes for pink meat or 20-25 minutes if you prefer your duck medium to well cooked. Allow to rest for a few minutes and then slice into thin strips.
5. Meanwhile, halve the tomatoes, trim and slice the radishes, deseed and finely slice the chilli, slice the spring onions diagonally, and roughly chop the watercress and coriander. Then cook and drain the fine noodles according to the instructions.
6. Toss together all of the salad ingredients, the duck strips and the cooked noodles. Drizzle over the remaining marinade and mix together. Garnish with a little more finely chopped coriander.