



HONEY & SOY GLAZED DUCK

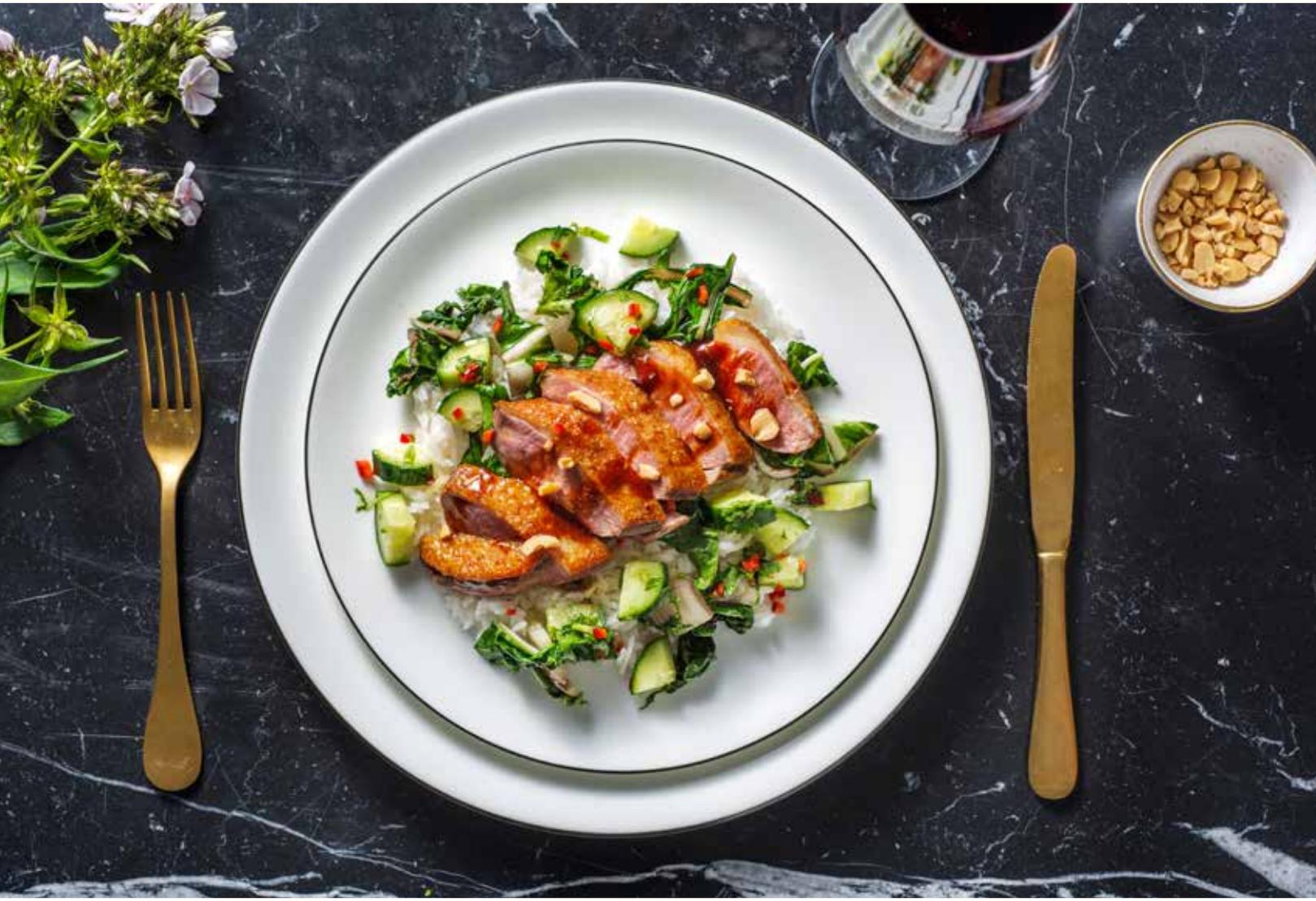
with Bok Choy, Jasmine Rice and Cucumber Salsa

SPECIALITY INGREDIENT



HELLO JASMINE RICE

The name 'jasmine' refers to the colour of the rice, which is as white as a jasmine flower. It also has a jasmine aroma.



Bok Choy



Garlic Clove



Coriander



Red Chilli



Cucumber



Salted Peanuts



Jasmine Rice



Duck Breast



White Wine Vinegar



Soy Sauce



Honey

This brilliant recipe will prove that cooking duck isn't something that only happens in fancy restaurants. Bursting with fresh, zingy flavours and on the table in 35 minutes, this is the perfect recipe to add a little bit of no-fuss luxury to your midweek menu. Quacking stuff.

35 mins

2 of your 5 a day

Little heat

MEAL BAG

13

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Measuring Jug**, **Large Saucepan** (with a **Lid**), **Frying Pan**, **Baking Tray** and some **Foil**. Now, let's get cooking!



1 PREP TIME

Preheat your oven to 200°C. Quarter the **bok choy** lengthways through the root. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Halve the **red chilli** lengthways, deseed and finely chop. Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces. Crush the **peanuts** roughly by hitting the bag with the bottom of a saucepan.



4 SALSA TIME

While the **duck** is in the oven, pop the **cucumber** into a large bowl and add the **white wine vinegar** and a pinch of **salt**. Sprinkle on the **sugar** and the **olive oil** (see ingredients for amount of each). Mix well, then add a pinch of **red chilli**. Taste and add more **chilli** if you want more heat. Stir in the **coriander** and then keep to one side.



2 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **TIP:** *The rice will finish cooking in its own steam.*



5 STIR-FRY THE BOK CHOY

When the **duck** is ready, remove from the oven and leave it to rest on a board loosely wrapped in foil. Heat your frying pan over high heat. Add the **bok choy** and stir-fry for 3 mins, then add the **garlic** and cook for 1 minute more. Transfer the **bok choy** to a plate and reduce the heat to medium. Add the **soy sauce** and **honey**, reduce it by two-thirds, 2-3 mins. Return the **duck** to the pan and roll in the glaze off the heat.



3 ROAST THE DUCK

Meanwhile, put a frying pan on medium heat (no oil). Season the **duck** with a pinch of **salt**. Lay each **breast** skin-side down in your frying pan. Fry until the **skin** is golden, 5 mins. Flip and fry for 1 minute more to seal the **meat**, then transfer to a baking tray skin-side up. Roast for 15 mins. Once cooked, remove from your oven and rest in a warm place, (wrapped in tin foil if you have some) for 10 minutes. Keep 2 tbsp of **duck fat** in your pan (we'll use it later), allow the rest to cool, then discard. **IMPORTANT:** *The duck is cooked when it is no longer pink in the middle.*



6 FINISH AND SERVE

Fluff up the **rice** with a fork and share between your bowls. Pop the **bok choy** on the **rice**. Cut the **duck** into six slices and lay on top. Drizzle over the remaining **honey and soy glaze**, spoon the **cucumber salsa** around the edge and finish with a sprinkling of the **crushed peanuts**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Bok Choy *	1	1½	2
Garlic Clove *	1	2	2
Coriander *	1 bunch	1 bunch	1 bunch
Red Chilli *	½	¾	1
Cucumber *	½	¾	1
Salted Peanuts 1)	1 small bag	1 large bag	2 small bags
Water*	300ml	450ml	600ml
Jasmine Rice	150g	225g	300g
Duck Breast *	2	3	4
White Wine Vinegar 14)	1 sachet	1½ sachets	2 sachets
Sugar*	2 tsp	3 tsp	4tsp
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Honey	2 sachets	3 sachets	4 sachets

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 465G	PER 100G
Energy (KJ/kcal)	3209/ 767	691/ 165
Fat (g)	23	5
Sat. Fat (g)	5	1
Carbohydrate (g)	77	16
Sugars (g)	16	3
Protein (g)	60	13
Salt (g)	3.36	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

1) Peanut 11) Soya 13) Gluten 14) Sulphites

PAIR THIS MEAL WITH

A classic red like a Merlot

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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