

I?m guessing this whole Duck was another Easter special offer. But we?re not complaining, it?s normally well out of our price range. I butchered it and we effectively have enough in the freezer for another two good meals. So at £7, it wasn?t actually frighteningly expensive - £1.17 per person per meal plus the veg, rice and other cupboard ingredients?..

Ingredients:-

2 Duck Breasts
4 Tbsp of Chinese Five Spice
2 Tbsp of Honey
6 Tbsp of Soy Sauce (Gluten free for us)
4 Spring Onions, finely sliced
1 Sweet Red Pepper, diced
2 Cloves of Garlic, minced
1 Thumb of Ginger, grated
1 Lime, half cut into wedges to garnish, half juiced
1 Tsp of Sesame Oil
200g of Rice Noodles
Sesame Seeds & Spring Onion to garnish
Salt & Petter to season
Oil to fry

Method:-

(1) Score the fat on the Duck and season with Salt & Pepper.

(2) Rub in the Five Spice on both sides.
(3) Heat Oil in an oven proof pan.
(4) Place the Duck Breasts in the pan skin side down and cook for about 3 minutes, until the skin is golden brown.
(5) Turn over and cook for a further minutes or so.
(6) Place the pan in a pre-heated oven at 170c for 3 to 5 minutes.
(7) Remove from the oven and set aside.
(8) Place a frying pan over a medium heat and add a little Oil.
(9) Add the Onions and Red Pepper and cook until softened.
(10) Add the Garlic and Ginger & stir in.
(11) Cook the Noodles according to the packet instructions.
(12) Drain the Noodles and then add the Onion mixture and stir through.
(13) In a pan heat the Honey and Soy Sauce to a boil. Reduce the heat to a simmer.
(14) Add the Sesame Oil and Lime Juice the the Noodles & stir in.
(15) Slice the Duck Breasts.
(16) Plate the Noodles and lay the Duck Breasts over the top.
(17) Pour over the Sauce and garnish with Spring Onions and A Lime wedge.

It sounds quite complicated. But actually this was quick and easy, also very tasty.