



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 & Pepper 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.