



UCCOOK

Lime Duck & Saucy Noodles

with pickled ginger & black sesame seeds

Duck breast is seared and basted with a lime & soy marinade. Spring onions, fresh chilli and carrots then go into the saucy pan and get flash fried and tossed with tender egg noodles. Once complete, the duck slices are laid on top of the saucy noodles, and sprinkled with sesame seeds, pickled ginger and fresh coriander.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Jeannette Joynt

 Quick & Easy

 Leopard's Leap | Chenin Blanc

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Ingredients & Prep

3 cakes	Egg Noodles
37,5ml	Lime-soy (22,5ml Low Sodium Soy Sauce & 15ml Lime Juice)
3	Free-range Duck Breasts
3	Spring Onions
2	Fresh Chillies
360g	Carrot
12g	Fresh Coriander
30g	Pickled Ginger
15ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. EGG NOODS Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain on completion and toss through some oil to prevent sticking. In a small bowl, combine the lime-soy, 90ml of water, and 30ml of a sweetener of choice.

2. CRISPY DUCK Pat the duck breasts dry with paper towel. Using a sharp knife, score the skin by cutting slits into its surface down the length of the breasts in a broad, cross-hatch pattern. Take care not to go too deep and pierce the flesh. Place in a cold pan, skin-side down, without oil (the duck breasts will render their own fat). Place over a medium heat and let the duck fat render while the pan heats up. Fry for 5-8 minutes until the skin is crispy. Turn up the heat to medium-high and drain the excess duck fat. Flip the duck breasts, and cook for 2-4 minutes on the other side. In the final 1-2 minutes, baste the duck breasts with the loosened lime-soy. Remove from the pan on completion, reserving the pan juices, and allow to rest for 3 minutes before slicing.

3. SOME PREP While the duck is frying, finely slice the spring onions, keeping the green and white parts separate. Deseed and finely slice the chillies. Rinse, trim, and grate the carrots. Rinse and roughly chop the coriander. Drain and roughly chop the pickled ginger.

4. FINAL TOUCHES Return the pan to a medium heat, with the reserved pan juices, and add the grated carrot, the spring onion whites, the sliced chilli (to taste), and the cooked noodles. Cook for 2-3 minutes until well combined, shifting occasionally.

5. SOY DELISH! Bowl up the saucy noodles and top with the duck slices. Sprinkle over the chopped coriander, the spring onion greens, the sesame seeds, and the chopped pickled ginger. Enjoy, Chef!



Chef's Tip

The purpose of cutting cross-hatch into the duck skin is to help the duck skin get crispy! If you have any leftover duck fat, keep it for another use; such as roasting potatoes!

Nutritional Information

Per 100g

Energy	650kj
Energy	155kcal
Protein	8.9g
Carbs	16g
of which sugars	1.7g
Fibre	1.4g
Fat	6.4g
of which saturated	1.7g
Sodium	219mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days