



# 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.

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**Hands-on Time:** 10 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Jeannette Joynt

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 Quick & Easy

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 Leopard's Leap | Chenin Blanc

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## Ingredients & Prep

1 cake	Egg Noodles
12.5ml	Lime-soy (7.5ml Low Sodium Soy Sauce & 5ml Lime Juice)
1	Free-range Duck Breast
1	Spring Onion
1	Fresh Chilli
120g	Carrot
4g	Fresh Coriander
10g	Pickled Ginger
5ml	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, 30ml of water, and 10ml of a sweetener of choice.

**2. CRISPY DUCK** Pat the duck breast dry with paper towel. Using a sharp knife, score the skin by cutting slits into its surface down the length of the breast 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 breast will render its 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 breast, and cook for 2-4 minutes on the other side. In the final 1-2 minutes, baste the duck breast 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 onion, keeping the green and white parts separate. Deseed and finely slice the chilli. Rinse, trim, and grate the carrot. 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 1-2 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