

SMOKED DUCK NOODLES WITH PLUM SAUCE

Serves 2



Ingredients

2 Smoked Duck Breasts

1 tbsp Soy sauce
1 tbsp Sesame oil
1 Lime – juiced
1 Red chilli – seeded and diced
250g Pack of pak choi
2.5cm Piece of ginger – peeled and
finely sliced
1 Spring onion – sliced
300g Pack egg noodles

For the sauce:

3 Plums - quartered and stoned 25g Sugar 1 Star anise Preheat oven to 180°C. For the sauce combine the plums, sugar, star anise and 50ml water in a pan, stirring until the sugar has dissolved. Increase the heat to high and leave to bubble until thickened.

Using a sharp knife, score the skin of the Smoked Duck Breasts and season. In a frying pan, cook the duck, skin down over a medium heat for 5 minutes. Turn the breasts over and transfer the pan to the oven. Continue cooking for 10 minutes, remove from the oven and leave to rest before thickly slicing.

Meanwhile heat the oil in a wok. Add the chilli and ginger, cook for 1 minute, add the noodles, soy and lime juice. Stir-fry for 1 minute, then add the pak choi. Cook until wilted.

Top noodles with the sliced Smoked Duck Breast, spoon over the plum sauce and scatter with spring onions.