



BUCKWHEAT SOBA NOODLE AND DUCK SALAD



FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 35 minutes

INGREDIENTS

250g packet of Buckwheat soba noodles

2 x Luv-A-Duck, Fresh Duck Breast

1 tsp. sesame oil

½ cucumber, seeds removed and julienned

½ bunch spring onions, finely sliced

½ bunch coriander, leaves picked

2 leaves of Chinese cabbage, finely shredded

1 shallot, sliced

1 tbs sesame seeds

Salt

For dressing:

3 tbs Mirin

2 tbs soy sauce

Juice of 1 lime

1 tsp sesame oil

1 tbs Rice Bran oil

1 tbs ginger, finely grated

½ chilli, finely chopped

METHOD

1. Score the duck breast and lightly brush with the sesame oil and season with salt.
2. Heat a pan and fry skin side down. Cook for 5-6 minutes then turn over and cook for a further 5 minutes. Remove from the pan and rest.
3. In the meantime, cook the soba noodles as per packet instructions. Once cooked immediately refresh under the tap.
4. For the dressing, combine all ingredients in a bowl.
5. To assemble, finely slice the Duck (option here to remove skin), add to drained noodles, along with, cucumber, spring onions, coriander, cabbage, shallots and sesame seeds.
6. Finally drizzle with dressing and toss to coat all ingredients.