



CRISPY SKIN DUCK WITH GLAZED CARROTS

Difficulty: Easy

Serves: 2

Prep: 10 mins

Cooking: 20 mins



INGREDIENTS

380g Luv-a-Duck Duck Breast

Salt and pepper to taste

50g Butter

1 inch Ginger, grated

1 bunch Dutch carrots

Juice of 1 lime

2 tsp. Chinese 5 spice

4 Tbsp. honey

2 tbsp. Kecap manis

METHOD

1. In a skillet, combine carrots, butter, 2 tbsp of honey, ginger, salt and pepper and $\frac{1}{4}$ cup of water. Bring to a boil and then reduce to a simmer and cover to cook carrots until tender for about 7 minutes. Uncover and allow glaze to reduce. Stir through $\frac{1}{2}$ the lime juice.
2. Season duck with 5 spices. Heat a large non-stick skillet and cook for 5-7 minutes until the skin is crispy. Turn the duck skin-side up and cook for a further 3 minutes. Remove from the pan and rest for 10 minutes before slicing.
3. Add the lime juice, kecap manis and remaining honey to the pan and allow to reduce.
4. Drizzle the sauce over the duck to serve.

CHEF'S TIPS

Recipe by Shelley Judge