



DUCK FRIED RICE

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 30 minutes



INGREDIENTS

½ Luv-a-Duck Chinese-style duck, meat picked from the bones and chopped
2 tbs. vegetable oil
2 eggs, whisked
4 spring onions, cut into rounds + 2 extra for garnish (finely sliced)
2 cm piece of ginger, finely chopped
2 clove garlic, chopped
1/4 bunch of coriander, stems finely chopped, leaves reserved
1 large handful of dried shiitake, soaked in warm water for 15 min, stalks then removed and sliced
¾ cup frozen baby peas
2 cups cooked rice
2 tbs. soy sauce
2 tbs. of oyster sauce
1 tsp. of red bean paste or any other chilli paste
1 tsp. sesame oil

METHOD

1. Heat half of the vegetable oil in a wok and add the egg. Swirl in the pan to create a thin omelet. Once just set, fold on itself and remove from the wok. Now add the remaining vegetable oil over a high heat and add the shallots, ginger, garlic and coriander stems. Cook for 10-15 seconds or until the garlic just starts to become golden and then add the mushrooms and cook for 2 minutes. Add the rice and duck meat and toss.
2. Combine the soy, oyster sauce, red bean paste and sesame oil and then pour over the rice. Add the peas and cook for a further minute and toss until the sauce completely coats the rice. Add roughly chopped coriander leaves and serve with a garnish of extra spring onions and the omelet sliced into small strips.