



ASIAN DUCK BREASTS STIR FRY

A DELICIOUS QUICK AND EASY DUCK STIR-FRY THAT EVERYONE CAN ENJOY.
USING DUCK BREAST AND FRESH VEGGIES FOR A SIMPLE DINNER PERFECT FOR
ANY NIGHT OF THE WEEK.

Difficulty: Easy

Serves: 4

Prep: 6 mins

Cooking: 8 mins



INGREDIENTS

1. 380g Duck Breast fillets
2. 2 teaspoons olive oil
3. 1/2 onion, cut into strips
4. 1 cup Chinese cabbage (wombok), shredded
5. 1 bunch broccolini, cut into 5cm (2-inch) lengths, see notes
6. 1/2 bunch choy sum cut into 5cm (2-inch) lengths, leafy sections separated, see notes
7. Bean sprouts, coriander, orange segments, chilli oil, lime cheeks, and toasted sesame seeds, to serve

DUCK STIR-FRY SAUCE

1. 1 tablespoon brown sweetener
2. 2 cloves garlic, finely minced
3. 1 tablespoon ginger, finely minced
4. 1 tablespoon gluten-free Vegemite, or 2 tablespoons soy sauce
5. 1/4 cup chicken stock
6. 1 teaspoon sesame oil
7. 0.5 teaspoon Chinese five-spice
8. 0.25 teaspoon ground white pepper

METHOD

QUICK STIR-FRY

1. PREPARE – Remove skin from duck (see notes). Slice into thin strips.
2. DUCK – Add oil to a wok over high heat. Add duck strips and stir fry for 1 minute or until lightly seared. Transfer to a plate (see notes).
3. VEGETABLES – Add onion to the wok (or frying pan) over high heat and stir-fry for 30 seconds. Add the remaining vegetables (except choy sum leaves), and sauce; stir-fry for 1 minute.
4. COMBINE – Add the duck and choy sum leaves. Toss to combine in the sauce.
5. SERVE with bean sprouts, coriander leaves, and orange segments. Garnish with chilli oil, lime cheeks, and toasted sesame seeds.

CRISPY SKIN DUCK STIR FRY

1. MARINATE – Place sauce ingredients into a bowl and whisk until combined. Place duck breast into marinade skin-side up. Season skin well with salt and pepper. Marinate for at least 20 minutes or overnight.
2. PAT DRY – Remove duck breast pieces from the marinade. Pat skin dry and score skin with a sharp knife or razor in a crisscross pattern. Season with salt flakes.
3. CRISPY DUCK – Heat a large pan over high heat. Add duck breasts skin-side down and immediately reduce heat to low. Cook, removing rendered fat as needed, until skin is golden and crispy, about 12-15 minutes. Remove the duck from the pan. Increase to medium-high heat. Place duck breast in meat-side down and cook, 2-3 minutes for medium rare, internal temp of 55°C/130°F-135°F. Transfer to a plate and rest skin-side up for 8-10 minutes before slicing.
4. SERVE – Follow the steps above for stir-frying vegetables. Top veggies with bean sprouts, coriander leaves, crispy skin duck slices. Garnish with orange segments, chilli oil, and toasted sesame seeds.

SUBSTITUTIONS

Any vegetables can be used in a duck breast stir fry. We love the combination of broccolini, and choy sum with duck stir-fry sauce. You can also substitute beans, snake beans, sugar snap peas, celery, carrot, zucchini strips, or snow peas for a tasty alternative. The sauce is a simple homemade Teriyaki sauce (of sorts) or similar to a hoisin sauce. Swap gluten-free soy sauce or coconut aminos for Vegemite or leave it out completely

STORAGE

Stir fries are best eaten straight after cooking. It can also be enjoyed cold or gently reheated for an easy meal any time of the week. Store in the fridge for up to 3 days. Freeze and defrost in the fridge if needed.