



CHINESE 5 SPICE DUCK WITH ASIAN NOODLES AND BOK CHOY

Difficulty: Easy

Serves: 2

Prep: 10 mins

Cooking: 15 mins



INGREDIENTS

380g Luv-a-Duck Fresh Duck Breasts
4 tsp Chinese 5 spice powder
2 Tbsp honey
6 Tbsp soy sauce
4 spring onions, finely sliced
200g Singapore egg noodles.
Juice of half a lime
1 Tbsp sesame oil
1 bunch bok choy

METHOD

1. Preheat the oven to 180°C. Use a paper towel to pat it dry and rub the Chinese 5 spice over the duck breast. Score skin in a crisscross pattern and lightly season the skin with salt. Place in preheated pan skin side down, using no oil, for 5 mins or until the skin is golden. Turn and cook for a further 2 mins.
2. Remove pan from heat and place in preheated oven for a further 8-10 mins to your liking. Rest for 5 mins before slicing.
3. Warm the honey and soy sauce together in a small pan. Bring to the boil for 1 minute. Allow to cool. Steam the bok choy for 2 mins over the stove top or in the microwave.
4. Cook the noodles as per packet instructions and then toss with the spring onions, lime juice and sesame oil.
5. Serve the noodles topped with bok choy and duck breast slices and then drizzle over the honey soy sauce.

Recipe by Shelley Judge