



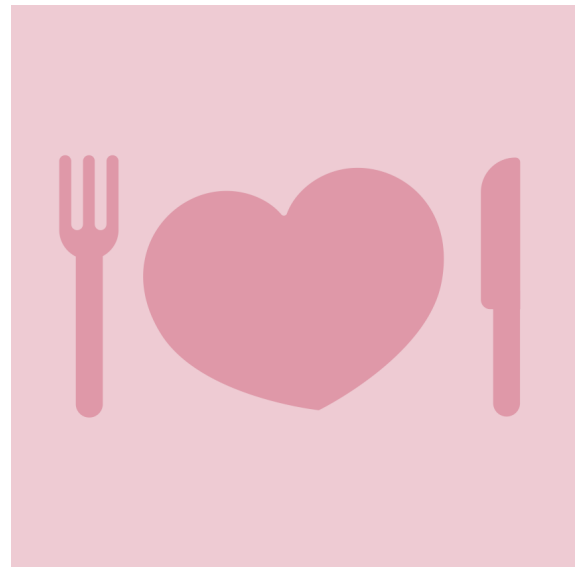
# DUCK AND NASHI PEAR SKEWERS WITH A SOY GLAZE

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

**Difficulty:** Easy

**Serves:** 6-8 skewers

**Cooking:** 15 minutes



## INGREDIENTS

1 tbs rice bran oil  
2 x Luv-A-Duck, Fresh Duck Breast  
1 tbs honey  
2 tbs soy sauce  
½ tsp Chinese 5 spice  
1 Nashi pear

## METHOD

1. Cut the duck breast in half lengthways and then cut into cubes.
2. Cut the pears into cubes that are the same size as the duck.
3. Combine the remaining ingredients in a bowl and marinade the duck. If possible, marinate for four hours.
4. Skewer the pieces of marinated duck, alternating with a piece of nashi pear.
5. Heat a pan over medium heat and add oil.
6. Fry the duck skewers for 5-10 minutes turning constantly to ensure they do not burn.