



# DUCK BREAST WITH SOBA NOODLES

Perfect as a mid-week menu option, this Australian-Asian twist is sure to satisfy (and so easy too).

**Difficulty:** Easy

**Serves:** 4

**Prep:** 10 mins

**Cooking:** 15 mins



## INGREDIENTS

1. 4 x 180g breast filets with skin
2. 3 tbsp hoisin sauce
3. 1 x packet soba noodles
4. 1/3 cup soy sauce
5. 1 tbsp sesame oil
6. 1 tbsp brown sugar
7. Juice of 1 lime
8. 1 mango, sliced
9. Side salad

## METHOD

1. Preheat the oven to 180°C.
2. Season duck breast and place skin-side down on a non-stick ovenproof frypan over low heat.
3. Cook for 5-6 minutes until most of the fat has rendered and the skin is crisp. Turn, then brush skin with hoisin sauce.
4. Transfer to the oven and bake for 6 minutes or until just cooked but still pink in the centre. Rest, loosely covered with foil, for 5 minutes.
5. Cook noodles according to instructions, followed by draining. Whisk soy, oil, sugar and lime juice together to make a dressing, then toss noodles with dressing. Slice duck and serve with side salad, mango and soba noodles. Enjoy

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