



PEKING DUCK BREAST FRIED RICE

Difficulty: Easy
Serves: 4
Prep: 10 mins
Cooking: 20 mins



INGREDIENTS

1. 360 grams Peking Flavour duck breasts
2. 450 grams cooked jasmine rice
3. 1 brown onion
4. 2 carrots
5. 1/2 red capsicum
6. 2 cloves garlic
7. 2 eggs
8. 2 tsps duck fat
9. 1 tsp sesame oil
10. 2 tsps soy sauce
11. 1 cup frozen peas
12. 2 spring onions
13. 10 chives

METHOD

1. Open the duck packet, remove the breasts to a lined oven dish. With a spoon, removed the solidified fat – you need this DO NOT DISCARD. Pour the sauce over the duck (not the fat) and bake for 2 minutes at 190° degrees celsius.
2. Dice the onion, chop the chives, dice the carrot, thinly slice the spring onions, cube the capsicum.
3. Crack and whisk the eggs.
4. Add a teaspoon of the duck fat to the wok over high heat and allow to melt. Pour in the eggs and fry until they are cooked on one side (approx 1 minute). Flip, and fry, then remove from the pan and chop.
5. Add a teaspoon of the duck fat to the wok and fry the carrots, onion, capsicum together, until slightly softened. Add the garlic and fry one minute more.
6. Add the rice and sesame oil and fry for 1 minute.
7. Put the peas and soy sauce in the pan and mix well through.
8. Add the sauce from the cooked duck breast (pour it out of the oven pan) and the egg and spring onions.
9. Chopped the heated duck breast and add to the rice, stirring through.
10. Top with chives and serve immediately.

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