



DUCK STIR FRY

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 20 minutes



INGREDIENTS

2 tbs rice bran oil
2 x Luv-A-Duck, Fresh Duck Breast, skin removed and sliced thinly
1 tbs fish sauce
2 tbs oyster sauce
1tbs soy
1 tbs palm sugar
½ tsp sesame oil
1 tsp corn flour
1 knob of ginger, finely sliced
1 clove garlic, finely sliced
1 bunch broccolini
2 bok choy
1 handful of bean sprouts

METHOD

1. Heat wok with oil until it is smoking.
2. In a bowl, combine fish sauce, oyster sauce, soy, palm sugar, sesame oil and corn flour.
3. In batched stir-fry briefly the duck and then remove from the wok.
4. Add ginger and garlic and until slightly golden, followed by the broccolini and bok choy.
5. Return the meat back to wok along with the sauce. Toss to ensure everything is cover in the sauce and cook for a further 30 seconds.
6. Garnish with bean sprouts.