



DUCK STIRFRY – BY TIM BONE



Difficulty: Easy
Serves: 4
Prep: 10 minutes
Cooking: 5 minutes

INGREDIENTS

- 1 tbsp duck fat or canola oil
- 1 tsp sesame oil
- 1 x pack of Luv-a-Duck Fresh Breast fillets, thinly sliced
Good pinch of salt and pepper
- 4 cloves of garlic, grated
- 1 tbsp ginger, grated
- 1 large brown onion, cut into wedges
- 1 red capsicum, sliced into thin strips
- 1 green capsicum, sliced into thin strips
- 400g hokkien noodles
- 1 tbsp cornflour
- 1 tbsp water
- 2 tbsp sesame seeds

For the sauce

- 1/4 cup kecap manis (sweet soy sauce) 1/4 cup sweet chilli sauce
- 1/4 cup honey

METHOD

1. Cook noodles as per packet instructions. Rinse with cold water to stop them from sticking together.
2. To make the sauce, mix the kecap manis, sweet chilli and honey together in a bowl.
3. Heat a wok over high heat, add the duck fat or canola oil and sesame oil. When starting to smoke, add the duck and stir fry for 2 minutes until sealed.
4. Add the garlic and ginger and stir fry for 30 seconds before adding the capsicum strips and onion wedges. Stir fry for a minute or two. Add the noodles and the sauce to the wok and mix until combined.
5. Mix the cornflour and water together to make a slurry, add to the wok and stir together to thicken the sauce.
6. Add the sesame seeds and serve!