



DUCK BIBIMBAP

DUCK BREAST IS A LEAN PROTEIN AND EASY TO PREPARE TO MAKE DELICIOUS BIBIMBAP. USE BROWN RICE FOR THE DIETARY FIBRE, IMPORTANT FOR GOOD GUT HEALTH ALONG WITH THE FERMENTED VEGETABLES IN KIMCHI.

Difficulty: Easy
Serves: 2
Prep: 10 mins
Cooking: 20 mins



INGREDIENTS

1 pack Luv-A-Duck Skinless Duck Breast 260g
1 Tbsp extra virgin olive oil
2 Tbsp soy sauce
1 clove garlic, crushed
1 carrot, thinly sliced
1 lebanese cucumber, grated
2 eggs, fried
100g bean sprouts
½ cup kimchi
1 Tbsp sesame seeds
250g brown rice, cooked

METHOD

1. Preheat the oven to 180°C. Coat the duck in soy sauce and garlic and allow to sit for 5 mins.
2. Heat the oil in a fry pan on high heat. Add Duck breasts to the pan and cook for 3 mins, and then flip and cook for another 3 mins on the other side. Place duck on an oven proof tray and roast for 10 mins. Remove duck from pan and cover with alfoil, resting duck for 10 mins before thinly slicing.
3. Meanwhile, crack the eggs into the pan and fry on high heat for 2-3 mins until the white is cooked, but the yolk is still runny.
4. To assemble bowls, divide the rice among the two bowls and then top with carrot, cucumber, bean sprouts, kimchi, and sliced duck. Finally, top with the fried egg and sprinkle over sesame seeds.