



HONEY SOY DUCK BREAST WITH SEARED VEGETABLES

Difficulty: Easy

Serves: 2

Cooking: 20 mins



INGREDIENTS

- 1 x pack 380g Luv-A-Duck, Duck Breast
- 2 tbsp light soy
- 2 tbsp honey
- 2 tbsp sake
- 1 tsp ground 5-spice
- ½ an orange, zested
- 1 carrot, cut into 1cm x 5 cm batons
- ½ a daikon radish, peeled and 1cm x 5 cm batons
- ½ a telegraph cucumber, peeled cut in half, seeds removed cut into 1cm x 5cm batons
- 5 tbsp water

METHOD

1. Preheat the oven to 180°C.
2. Remove the duck from the fridge 30 minutes before cooking and score the skin with a criss-cross pattern.
3. Combine the soy, sake, honey, spices, 2 tablespoons of water and orange in a bowl.
4. Pat the duck dry with some paper towel. Place the duck breasts into a cold oven-safe pan, skin-side down. Start the cooking process on a low heat and gradually bring the heat up to medium. The aim is to render out the fat and form a crispy golden skin; this should take 4-8 mins. Turn duck and drain fat into another pan. Pour the sauce around the duck, without touching the skin and place in the oven to cook for a further 5-10 mins.
5. In the meantime heat reserved duck fat in a pan on medium heat and add the carrot and daikon batons cook for 3-4 minutes before adding the cucumber. Season with salt and cook for a further minute before adding 3 tablespoons of water so the vegetables steam, but are still slightly crunchy.
6. Remove. And allow the duck to rest on a plate for 5 minutes before slicing on an angle. Place any excess duck juices into the pan of sauce and mix through.
7. Serve vegetables with sliced duck and generous drizzle of honey, soy sauce.

Recipe by Justine Schofield and courtesy of [Everyday Gourmet](#)