



HONEY SOY DUCK LEGS SPRING ROLLS

A fun recipe the whole family will enjoy, with a surprisingly health filling and crispy pastry – yum!

Difficulty: Easy

Serves: 2

Prep: 10 mins

Cooking: 35 mins



INGREDIENTS

1. 500g Honey Soy Duck Legs
2. 80g Vermicelli noodles
3. ¼ Cabbage
4. 2 Carrots
5. 100g Mushrooms
6. 3 Spring Onions
7. 1tbsp Cornflour
8. 20 sheets spring roll wrappers

METHOD

1. Pre-heat oven to 190° c
2. Add the duck to a lined baking tray and cook for 15 minutes.
3. Put the noodles in a large bowl and cover with cold water. Leave to soak for 15 minutes. Once soaked, trim into more manageable pieces
4. Remove the duck from the oven and leave to sit. Turn the oven up to 220° c
5. Chop the cabbage and mushrooms, grate the carrots, and finely slice the spring onions.
6. Combine the vegetables and noodles in a large bowl.
7. Shred the duck legs and add the meat and the sauce from the dish into the noodle and vegetable mix, combining well.
8. Place 3tbsp of the mixture onto a spring roll wrapper and roll it up.
9. Mix the cornflour with 2tbsp cold water, using the mixture to glue together the last edge of the spring roll wrapper.
10. Spray the spring rolls with oil and bake for 25 minutes or until golden.
11. Serve with lettuce and sweet chilli sauce.

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