



HONEY SOY GLAZED DUCK WITH SPRING ONION SAUCE

Sweet, sticky and packed with flavour – Honey Soy Glazed Duck is your new weeknight hero. Crispy duck, glossy glaze, spring onion relish and jasmine rice. Easy, bold, and delicious.



Difficulty: Easy

Serves: 2

Prep: 10 minutes

Cooking: 20 minutes

INGREDIENTS

- 2 Luv-a-Duck fresh duck breasts
- 1 tsp cornflour mixed with 3 tbsp of water
- Pinch salt
- 4 spring onions, finely chopped
- 1 x 2 cm piece of ginger, finely chopped
- 1 garlic clove
- Steamed jasmine rice, to serve

Honey Soy Glaze

- ¼ cup soy
- ⅓ cup honey
- ⅓ Shaoxing wine
- 2 tbsp white vinegar
- 1 tsp sesame oil

METHOD

1. Preheat the oven to 190°C and remove the duck from the fridge for at least 30 minutes before cooking.
2. Place the spring onions, ginger and garlic in a bowl with a pinch of salt.
3. In another bowl combine the glaze ingredients.
4. Pat the skin dry and score then season with salt. Place the duck in an oven-safe pan, skin-side down. No need to add oil. Now gradually bring the heat up to medium. The aim is to render out the fat and form a crispy golden skin; this should take 5-8 minutes. Turn the duck over and drain fat. Carefully pour 1 tablespoon of the hot duck fat over the spring onions to wilt them. Put to one side.
5. Roast the duck breast in the oven for a further 6-8 minutes. Remove and rest for 10 minutes.
6. Now pour the glaze into the pan and bring to a boil. Whisk in the cornflour mixture and allow the sauce to thicken.
7. Slice the duck and serve on rice. Drizzle over the duck. Serve with a spoonful of spring onion relish.

Recipe by Justine Schofield, and featured on Everyday Gourmet.