



ONE POT CASHEW DUCK STIR-FRY

A WONDERFUL WAY TO MAKE VEGETABLES TASTE DELICIOUS WITH A COMBINATION OF FRAGRANT HERBS AND SPICES THAT ALSO ADD VALUABLE PHYTONUTRIENTS COMBINED WITH LEAN DUCK FOR PROTEIN.

Difficulty: Easy

Serves: 1

Prep: 10 mins

Cooking: 20 mins



INGREDIENTS

1 x Luv-A-Duck Skinless Duck Breast 130g
1 Tbsp olive oil
1 cm ginger, peeled and grated
1/2 tsp Sambel Oelek, or other chilli paste
100g broccoli, cut into small florets
1 red capsicum, thinly sliced
1/4 cup cashew nuts, roasted and unsalted
2 Tbsp soy sauce
1/4 cup coriander, roughly chopped
90g brown rice, cooked

METHOD

1. Heat half the oil in a fry pan on high heat. Season the duck with salt and pepper. Add Duck breasts to the pan and cook for 3min, and then flip and cook for another 3min on the other side.
2. Remove duck from pan and cover with alfoil, resting duck for 10 mins before thinly slicing, and then cut the slices into half.
3. Meanwhile, prepare the stirfry. Heat remaining oil in a large wok or fry pan. Add the chilli paste and ginger, frying for 30 secs until fragrant. Toss the broccoli, capsicum, cashew nuts and duck through the chilli paste and ginger cooking for another 3 mins. Finally stir through the soy sauce and coriander.
4. Serve on brown rice and top with more coriander.