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PEKING DUCK BREAST WITH EGG NOODLES, FIVE SPICE SAUCE AND FRESH CUCUMBER SALAD

Difficulty: Easy

Serves: 2

Prep: 10 mins

Cooking: 10 mins



INGREDIENTS

- 2 x Peking Duck Breasts
- 1 x 400g packet fresh egg noodles (medium thickness)

For the five spice sauce:

- 1 tbsp cooking oil
- 2 cloves garlic, minced
- 3 shallots, finely diced
- 50g galangal, sliced
- 50g ginger, sliced
- Leftover liquid from the packet
- 1 tbsp five spice powder
- 1 tbsp tapioca starch mixed with 2 tbsp of water

For the cucumber salad:

- 1 continental cucumber, halved and sliced into 5mm thick chunks
- 30g coriander, roughly chopped
- 1 tbsp black vinegar
- 1 tsp sugar
- 1 tbsp soy sauce

To garnish:

- Freshly sliced spring onions
- 1 tsp toasted sesame seeds

METHOD

1. Cook the peking duck breasts according to the packet instructions (microwave or oven) and set aside somewhere warm.
2. Preheat a large braising pot or wok. Add cooking oil. Add the garlic, shallots, galangal and ginger and fry until aromatic – about 3 minutes or so. Add the sauce from the packet and the five spice. Allow to reduce for 10 minutes.
3. Mix tapioca starch with water. Pour it into the sauce liquid while stirring at the same time and the liquid will start to thicken. You can add more tapioca mixture if you don't think the sauce is thick enough.
4. While the sauce simmers, reheat the noodles according to the packet instructions.
5. To assemble, remove the cooked duck breasts from the packet and slice them into 5mm thickness.
6. In a mixing bowl, add in all the ingredients for the cucumber salad and mix to combine.
7. Divide the noodles into 2 portions, top with the duck breasts and pour over the sauce. Serve with the cucumber salad on the side. Garnish with some spring onions and sesame seeds.

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