



# PEKING DUCK FRIED RICE

**Difficulty:** Easy

**Serves:** 4

**Prep:** 10 mins

**Cooking:** 5 mins



## INGREDIENTS

- 2 Peking flavoured duck breasts
- 50ml peanut oil
- 2 cups of leftover cooked jasmine rice
- 2 eggs, beaten
- 2 cloves of garlic, minced
- 50g green beans, chopped
- 50g carrot, finely diced
- 30g of spring onions, thinly sliced, reserve the tops for garnish
- Salt and white pepper to taste

## METHOD

1. Heat the peking duck breasts. Preheat the oven to 190c. Place the duck breasts on a lined baking tray and bake for 10-12 minutes, Allow to rest for 2 mins before slicing into 3mm strips.
2. To cook the fried rice. Place a wok over high heat and add in the oil. Add a pinch of salt to the beaten eggs and add it to the wok to cook for 15 seconds before adding in the cooked rice and garlic. Stir and fry for about 2-3 minutes.
3. Next, add in the carrots and green beans and cook for a further 3 minutes before adding in the spring onions. Toss frequently and season to taste.
4. Add in the duck and mix it through with the rice.
5. To serve, place the fried rice into individual serving bowls or a large platter and garnish with some fresh spring onions and coriander. Serve warm!

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