



PEKING DUCK SAN CHOY BAU

Difficulty: Easy
Serves: 4
Prep: 5 minutes
Cooking: 10 minutes



INGREDIENTS

2 Luv-a-Duck, Peking Roast Duck Legs
1 tblsp oil
1 clove garlic, finely grated
2 spring onions, finely sliced
200g water chestnuts, roughly chopped
1 carrot, peeled & shredded
1 x 4cm pieces ginger, peeled and grated
100g bean sprouts, washed & drained
50 ml hoi sin sauce
8 sml iceberg lettuce cups, trimmed
¼ cup fried shallots to garnish
Fresh coriander leaves to garnish

METHOD

1. Warm the peking duck as per pack instructions, remove the peking duck legs from the pack. Shred duck meat from the legs and set aside.
2. Heat oil in the wok and stir-fry the garlic, spring onions, water chestnuts, carrot and ginger over a high heat 2 minutes. Remove vegetables from wok and set aside.
3. Add the duck meat to the wok and stir over a high heat 2 minutes, stir in the hoi sin sauce and return the vegetables to the wok stir fry 1 minute, toss through the bean sprouts and remove wok from the heat.
4. Spoon the duck mixture into the prepared lettuce cups garnish with fried shallots and coriander leaves. Serve immediately with hoi sin sauce on the side.

CHEF'S TIPS

San choy bau can be flavoured with Kecap manis (sweet soy), sweet chilli, plum sauce or hot chilli sauce. The san choy bau filling maybe prepared several hours ahead of time and refrigerated until required.

This filling is also delicious in wontons or steamed dumplings.

Use the sauce in the red tray to flavour the mixture.