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RICE PAPER ROLLS WITH SEARED DUCK BREASTS

Difficulty: Easy

Serves: 4

Prep: 20 mins

Cooking: 20 mins



INGREDIENTS

- 2 x Fresh Duck Breasts
- 8 pieces of large round rice paper sheets
- 1 bunch of mustard greens (substitute for iceberg lettuce)
- 1 carrot, sliced using a vegetable peeler
- 1 cucumber, seeds removed and cut into 5cm lengths
- 50g garlic chives, cut into 7cm lengths
- 50g coriander, stems and leaves
- 50g mint leaves
- 50g shiso leaves (optional)
- 50g thai basil leaves (optional)
- 100g rice vermicelli, rehydrated in cold water for 15 minutes and drained
- Salt and pepper to taste

For the mam nem (fermented anchovy and pineapple sauce):

- 50ml pineapple juice
- 50g fish sauce
- 50g caster sugar
- 40g rice vinegar
- Juice of 1 lime
- 20g fermented anchovy sauce (mam nem)
- 10g bird's eye chillies, chopped
- 1 clove garlic, minced

METHOD

1. To cook the duck breasts. Make a few slits diagonally across the skin of the duck breasts. Place a cold pan over low to medium heat and cook the duck breasts skin side down. Gradually increase the heat and gently press on the duck allowing the duck fat to render from the skin for 10-12 mins. Once the skin is golden brown and crispy, turn the duck over and cook for a further 2-3 minutes on the flesh side.
2. Remove and allow to rest for 5 minutes before slicing into 3mm thickness.
3. To make the dressing, combine all ingredients in a bowl and whisk until sugar has dissolved.
4. To assemble your rice paper rolls, rehydrate the rice paper in some warm water and place it on a plate. Add a mustard green leaf, followed by your noodles and duck breast. Roll it up like you would a spring roll folding in the sides and away from you until the end sticks together.
5. Slice the rice paper roll in half and add in a sprig of coriander and garlic chives. Serve with the dipping sauce.

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