



VIETNAMESE DUCK RICE PAPER ROLLS

EVERYONE'S FAVOURITE, RICE PAPER ROLLS ARE FUN TO MAKE WITH THE FAMILY. A PERFECT NUTRITIOUS RECIPE FOR KIDS TO START DEVELOPING COOKING SKILLS. ADD TO A LUNCHBOX ALONG WITH A ICE PACK TO KEEP THE DUCK COLD.

Difficulty: Easy
Serves: 2
Prep: 10 mins
Cooking: 20 mins



INGREDIENTS

1 pack Luv-A-Duck Skinless Duck Breast 260g
1 Tbsp extra virgin olive oil
6 sheets rice paper
100g vermicelli noodles
½ cup coriander leaves
½ cup Thai basil leaves
1 carrot, thinly sliced
1 Lebanese cucumber, thinly sliced
½ Iceberg lettuce, shredded

Dipping sauce

¼ cup smooth peanut butter
¼ cup hoisin sauce

METHOD

1. Preheat the oven to 180°C.
2. Heat half the oil in a fry pan on high heat. Add Duck breasts to the pan and cook for 3 mins, and then flip and cook for another 3 mins on the other side. Place duck on an oven proof tray and roast for 10 mins. Remove duck from pan and cover with alfoil, resting duck for 10 mins before thinly slicing.
3. Meanwhile prepare the remaining ingredients. Cook the noodles as per packet instructions.
4. To assemble, fill a large dish with warm water and lay a damp tea towel over the bench. Dip the rice paper into the warm water and then lay it over the tea towel. Arrange duck, noodles, lettuce, carrot, cucumber and herbs. Fold the left and right edges of the rice paper in and then starting from the bottom, roll up to cover the ingredients and keep rolling firmly until closed.
5. Repeat with remaining rice paper rolls.
6. To prepare the sauce whisk together the peanut butter, hoisin sauce and ½ cup water in a bowl.