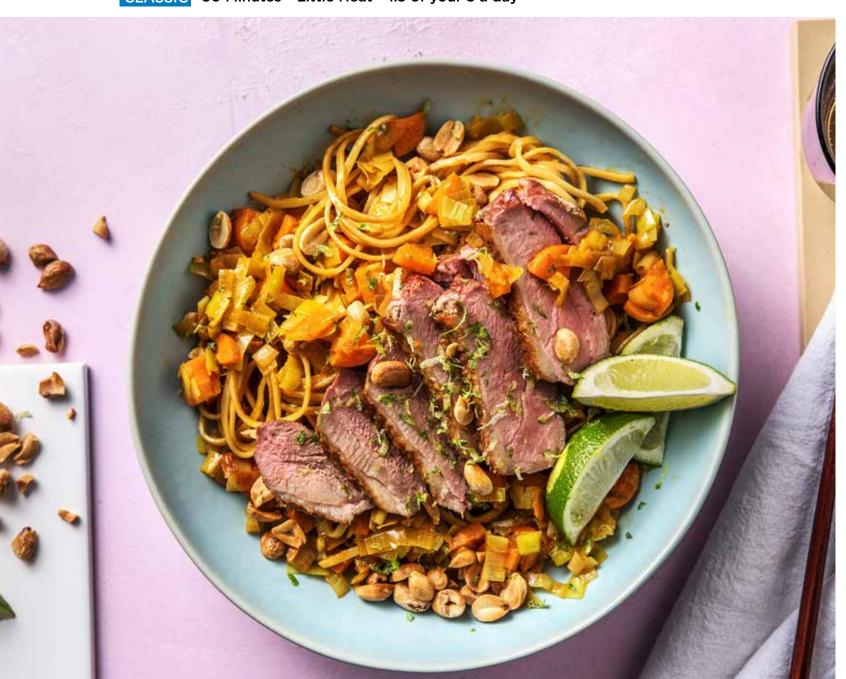


# **Duck Breast**

with Pad Thai-Style Noodles

**CLASSIC** 30 Minutes • Little Heat • 1.5 of your 5 a day











Lime





Salted Peanuts





Noodles



Pad Thai Paste

# Before you start

Our fruit, veggies and herbs need a wash before vou use them!

#### Basic cooking tools you will need:

Fine Grater, Saucepan, Frying Pan, Baking Tray and

### **Ingredients**

	2P	3P	4P
Carrot**	1	1½	2
Leek**	1	1½	2
Lime**	1	1½	2
Garlic Clove**	1	2	3
Salted Peanuts 1)	1 pot	1 pot	1 pot
Duck Breast**	250g	375g	500g
Noodles 8) 13)	2 nests	3 nests	4 nests
Pad Thai Paste 11) 13)	1	1½	2

<sup>\*</sup>Not Included \*\* Store in the Fridge

#### **Nutrition**

	Per serving	Per 100g
for  uncooked  ingredient	397g	100g
Energy (kJ/kcal)	2582 /617	650 /155
Fat (g)	20	5
Sat. Fat (g)	5	1
Carbohydrate (g)	62	16
Sugars (g)	14	4
Protein (g)	48	12
Salt (g)	2.22	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

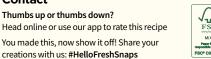
## **Allergens**

1) Peanut 8) Egg 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

#### Contact

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# 1. Get Prepped

Preheat the oven to 200°C. Trim the carrot, then quarter lengthways (no need to peel). Chop widthways into small pieces. Trim the root and the dark green leafy part from the **leek**. Quarter lengthways then thinly slice widthways. Zest the lime and cut into quarters. Peel and grate the garlic (or use a garlic press). Roughly chop the peanuts. Bring a saucepan of water up to the boil for the noodles.



## 2. Cook the Duck

Pop a frying pan on medium-high heat (no oil). Once hot, lay the **duck** in the pan skin-side down, fry until the skin is golden, 5 mins. Season with salt and **pepper**. Turn, cook for 1 minute on the flesh side to seal the **meat**. Remove to a baking tray skinside up (Don't wash up your pan!) and roast on the top shelf of your oven until cooked, 10-12 mins. Once cooked, remove from your oven and rest in a warm place, (wrapped in kitchen foil if you have some) for 5 minutes. IMPORTANT: The duck is cooked when it is no longer pink in the middle.



# 3. Cook the Vegetables

When the water is boiling, add a pinch of salt and the **noodles** and cook for 4 mins. Drain in a sieve. Meanwhile, carefully pour away some of the **duck** fat then return the pan to medium-high heat. When hot, add the leek and carrot and stir-fry until starting to soften, 5-6 mins, then add the garlic and cook for a further 1 minute.



# 4. Finish the Stir-Fry

Add the **noodles**, **pad thai paste** and **half** the **lime zest** with a splash of **water** to the pan with the vegetables. Mix well and cook until everything is piping hot. Taste and add salt and pepper if needed.



# 5. Slice the Duck

Once the duck has cooked and rested, slice it into roughly 1cm thick pieces.



## 6. Serve!

Divide the **noodles** between plates, top with the sliced duck and scatter over the remaining lime zest and chopped peanuts. Serve with lime wedges.

Enjoy!