

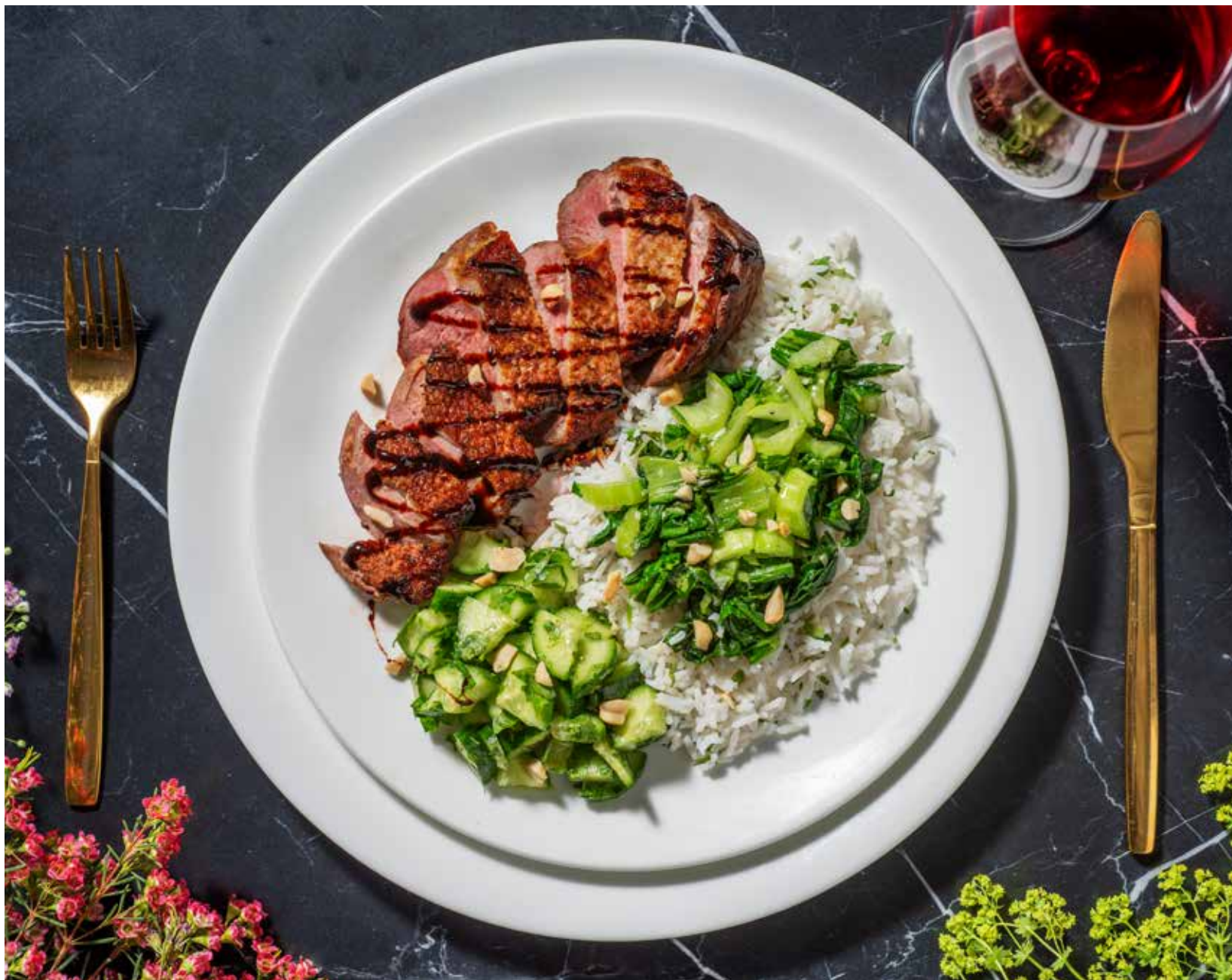


Honey & Soy Glazed Duck Breast

with Pak Choi, Coriander Jasmine Rice and Cucumber Salsa

Premium 40-45 Minutes • 1 of your 5 a day

29



Pak Choi



Garlic Clove



Coriander



Cucumber



Salted Peanuts



Jasmine Rice



Duck Breast



Rice Vinegar



Soy Sauce



Honey

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Rolling pin, garlic press, saucepan, lid, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Pak Choi**	1	1½	2
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Cucumber**	½	¾	1
Salted Peanuts 1)	25g	40g	50g
Jasmine Rice	150g	225g	300g
Duck Breast**	2	3	4
Rice Vinegar	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	25ml	38ml	50ml
Honey	2 sachets	3 sachets	4 sachets

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Salsa*	2 tsp	3 tsp	4 tsp
Olive Oil for the Salsa*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	463g	100g
Energy (kJ/kcal)	3213 / 768	694 / 166
Fat (g)	22.6	4.9
Sat. Fat (g)	5.2	1.1
Carbohydrate (g)	81.4	17.6
Sugars (g)	18.8	4.1
Protein (g)	59.8	12.9
Salt (g)	3.73	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 11) Soya 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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1



Prep Time

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **pak choi**, then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).

Trim the **cucumber** (see ingredients for amount), then quarter lengthways. Chop widthways into small pieces.

Crush the **peanuts** in the unopened sachet using a rolling pin.

4



Make your Cucumber Salsa

While the **duck** roasts, pop the **cucumber** into a large bowl.

Add the **rice vinegar**, **sugar** and **olive oil for the salsa** (see ingredients for both amounts) and a pinch of **salt**.

Stir in **half** the **coriander**, then set aside.

2



Cook the Rice

Pour the **cold water for the rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

5



Glaze your Duck

When the **duck** is resting, wipe out the the frying pan and pop it on high heat with a drizzle of **oil**.

Once hot, add the **pak choi** and stir-fry for 2-3 mins, then add the **garlic** and cook for 1 min more. Transfer the **pak choi** to a plate, then reduce the heat to medium.

Add the **soy sauce** and **honey** to the pan. Bubble away until reduced by two thirds, 2-3 mins.

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.

Remove from the heat, then return the rested **duck** to the pan and coat it in the **glaze**.

3



Get Frying

Meanwhile, pop a frying pan on medium-high heat (no oil). Once hot, lay the **duck** in the pan, skin-side down, and fry until the skin is golden, 6-8 mins. Flip, then sear the other side for 1 min more.

Transfer to a baking tray, skin-side up, and season with **salt** and **pepper**. Roast on the top shelf of your oven until cooked, 16-18 mins.

Once cooked, transfer to a plate. Cover and rest for 5 mins. **IMPORTANT:** Wash your hands and equipment after handling raw duck and its packaging. The duck is cooked when no longer pink in the middle.

6



Finish and Serve

Fluff up the **rice** with a fork and stir in the remaining **coriander**, then share between your plates and top with the **pak choi**.

Cut the **glazed duck** widthways into 1cm thick slices and serve alongside with the remaining **glaze** from the pan drizzled over.

Add the **cucumber salsa** to the plate, then scatter with the **chopped peanuts** to finish.

Enjoy!