

recipe



Local service...National scale

Duck Breasts with Ginger & Lime

Delicious duck, marinated and served
with a Thai-inspired ginger and lime sauce.

Ingredients

4 duck breasts, skin on	1 garlic clove, crushed
1 small onion, finely chopped	Juice of 1–2 limes
300 ml tub fresh chicken stock	2-3 tbsp dark soy sauce
Lime wedges to garnish	2 tsp clear honey
5cm piece fresh root ginger, peeled and finely shredded	1 tsp coriander seeds, crushed
Thinly pared zest of 1 lime, cut into fine shreds	1 tbsp vegetable oil

SERVES	4
PREPARATION TIME	5 mins + 1hr marinade time
COOKING TIME	30 minutes

EACH SERVING CONTAINS

Calories:	300kcal	15% GDA
Sugar:	4g	5% GDA
Fat:	15g	22% GDA
Saturates:	4g	20% GDA
Salt:	2.2g	37% GDA

GDA - Guideline Daily Amount

Method

1. With a sharp knife, score the skin of the duck breasts, making several parallel cuts, not too deep, about 5mm (1/4in) apart and season. Chop half the shredded ginger and lime zest and mix in the garlic, juice of 1 lime, 1 tbsp soy sauce, the honey and coriander seeds. Spread this over the non-skin side of the duck and marinate for at least 1 hour.
2. Preheat the oven to 200C, 400F, Gas 6. Scrape off the marinade and reserve. Heat a frying pan over a medium heat and add the duck, skin-side down. Cook for 5 minutes, until the skin is browned but not burnt. Place the duck skin-side up on a baking sheet, spread over the reserved marinade and cook in the oven for 12–15 minutes. Cover and keep warm.
3. Meanwhile, add the oil to the frying pan and cook the onion until softened. Add the remaining ginger and cook for 2–3 minutes. Add the stock and remaining lime zest and simmer until slightly reduced. Add the remaining soy sauce and simmer until slightly thickened. Add more lime juice, honey and seasoning to taste.
4. Serve the duck breasts, cut into slices, skin-side up with the sauce and garnished with lime wedges