

Great RECIPES



Vibrant Luv-a-Duck and Noodle Soup

Serves: 4

Ingredients

- 2 large Luv-a-Duck breasts
- 1/2 tsp crushed dried chillies – ground.
- 1/2 tsp Chinese five spice powder
- 1/2 tsp sugar
- 2L hot MK Asian master stock
- 10cm piece fresh ginger grated
- 200g egg or rice noodles or a combination
- 1 tsp sunflower oil
- 1 med-hot red chilli, deseeded and thinly sliced
- 1 bunch spring onions, trimmed and thinly sliced on the diagonal
- 200g beansprouts
- 1 head Asian greens (ie. bok choy) roughly chopped
- A handful fresh coriander sprigs & dark soy sauce to serve



Mix the chillies in a shallow dish with the five spice, sugar, salt and pepper. Thoroughly cover duck in spices on all sides and set aside. Bring the stock and ginger to the boil in a pan - keep hot. Place the duck breasts in a hot frying pan with oil. Lower the heat slightly and cook for 3 minutes each side for medium rare. Set aside to rest for 5 minutes. Cook the noodles in a pan of lightly salted the boiling water according to the packet instructions. Drain the noodles and divide between warm bowls. Sprinkle with the chilli and half of the spring onions. Add the beansprouts and Asian greens to the stock and cook for 1 minute. Ladle the stock and vegetables over the noodles. Thinly slice the duck on the diagonal and place on top of the noodle soup. Scatter with the remaining spring onions and coriander sprigs and serve with the dark soy sauce on the side.



Cooking with Luv-a-Duck
Easy, done and delicious
luvaduck.com



www.
RAWMATERIALS.
com.au

