



Hoisin Duck with Coconut Rice and Pak Choy

Serves 2 | Preparation time 15 minutes | Cooking time 15 minutes

WHAT YOU'LL NEED

Dressing

- 2 Tbsp hoisin sauce
- 1 tsp each chopped fresh chilli
- 1 tsp grated fresh ginger
- 1 Tbsp honey
- 1 Tbsp sesame oil
- 1 Tbsp soy sauce
- 2-3 Tbsp lime juice

- ½ cup basmati rice
- ½ cup coconut milk
- 1 large duck breast
- salt and freshly ground black pepper
- 3-4 heads pak choy, halved lengthways
(or use 6-8 tender stem broccoli)
- 2 spring onions, sliced diagonally, including tops
- 1-2 Tbsp chopped fresh coriander
- 1 red chilli, thinly sliced
- 1 Tbsp sesame seeds, lightly toasted

WHAT TO DO

1. Preheat the oven to 200 °C.
2. On the stovetop, add the rice and the coconut milk to a small saucepan along with ½ cup water, bring to a boil and then simmer gently until fluffy and cooked through.
3. Meanwhile, heat a nonstick (and preferably ovenproof) pan over medium-high heat. Cook the duck for 3-4 minutes, skin side down, or until skin is golden and starting to crisp. Remove the pan from the heat, place the pan in the oven and cook for a further 5-8 minutes (for medium), and then remove and set aside to rest until serving.
4. In a separate pot, blanch the pak choy for 1-2 minutes, then drain and set aside. Alternatively, flash fry in the pan once you remove the duck and set it aside to rest.
5. Prepare the dressing by mixing all the ingredients together. Check for seasoning.
6. To serve, divide the rice and pak choy between warmed bowls, top with thinly sliced duck breast, sprinkle over the chopped spring onions, coriander, chilli and sesame seeds. Drizzle over the dressing and serve immediately with a few extra lime wedges on the side.