

Soy duck with spring onions



Serves
2 people

Prep Time

Cooking

Total Time

Calories

491 kcal

Stuff that's in it:

- 300Ml Chicken Stock
- 300G Ready Mix Stir Fry
- 1 Tbsp Dark Soy Sauce
- 15G Golden Caster Sugar
 - 1 Tsp Sesame Oil
 - 5Ml Cider Vinegar
- 250G Duck Breast (Skin Removed And Sliced Into Strips)
- 259G Ready To Cook Noodles (Or Use Dry And Cook)
 - 15G Corn Flour
- 4 Spring Onions (Trim And Sliced)

What you do:

In a pan , add the corn flour, sugar, cider vinegar, soy sauce, sesame oil, spring onion, then slowly whisk in the stock.

Bring to the boil then simmer for a few minutes until thick, mix the spring onions in and set aside.

Add the duck to a wok with a squirt of oil.

Stir fry for 4-5 minutes until coloured all over.

Add the veg and fry for 2-3 mins.

Add the noodles and cook for 2 minutes, then pour the sauce all over and mix well heating through gently.

Then serve.

Nutrition

- Carbs: 63g
- Fat: 11g
- Protein: 35g

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