



DAZZLINGLY DELICIOUS BBQ DUCK

INGREDIENTS

- 2 duck breasts (we use [Gressingham](#))
- 1 chili pepper, finely chopped
- 1 red bell pepper, chopped into thin strips
- 1 green bell pepper, chopped into thin strips
- 2 cloves of garlic, pressed
- 3 baby bok choy leaves, ends trimmed
- 3 spring onions, finely chopped
- 1 cup of cashew nuts, crushed
- 100g rice noodles
- 1 packet of Blue Dragon Chinese Style BBQ Stir Fry Sauce with Chinese Five-Spice and Smoked Paprika
- 1 tbsp. Blue Dragon soy sauce; to taste

Serves 2

METHOD

To prepare the duck

- Trim any overhanging fat from the duck and score skin in a criss-cross pattern; rub the Blue Dragon Chinese 5-spice seasoning onto the duck
- Place the duck breasts in bowl and set aside to marinate for 15 minutes
- After the duck has marinated, cook the duck breasts in a dry frying pan, skin side down for six minutes until the skin is golden brown; flip over, reduce heat to medium and cook the flesh side for five minutes or until cooked through to medium; remove from pan, set aside and cover with foil to cool for 10 minutes
- Once the duck has cooled, thinly slice it

To prepare the rice noodles

- When the duck is cooling, place the rice noodles in a bowl of boiling water and allow to soak for 10 minutes (or until soft)

To prepare the sautéed BBQ vegetables

- Add the green and red peppers, garlic and chili to a hot, oiled frying pan; sauté until soft and add in the Blue Dragon BBQ sauce; set aside when finished

To prepare the bok choy

- Place bok choy in a medium, heat proof bowl and cover with boiling water; leave for 3 minutes (until wilted)

To serve

- Divide the rice noodles, placing a pile of noodles on each plate
- Next, place the sliced duck and sautéed vegetables on top of the noodles
- Scatter the bok choy and spring onions around the noodles and sprinkle the crushed cashews on the duck; add Blue Dragon soy sauce to taste