

Duck breast with soba noodles and mango



Serves: 4



Cooking Time: 15 minutes



Level: Capable



INGREDIENTS

4 x 180g duck breast fillets (see note), skin scored
2 tablespoons hoisin sauce
270g packet soba noodles
1/3 cup (80ml) soy sauce
1 tablespoon sesame oil
1 tablespoon brown sugar
Juice of 1 lime
1 mango, sliced
2 cups watercress sprigs

PREPARATION

1. Preheat the oven to 180°C.
2. Season the duck, then place, skin-side down, in a non-stick ovenproof frypan over low heat. Cook for 5–6 minutes until most of the fat has rendered and the skin is crisp. Turn, then brush skin with hoisin sauce. Transfer to the oven and bake for 6 minutes or until just cooked but still pink in the center. Rest, loosely covered with foil, for 5 minutes.
3. Meanwhile, cook noodles according to packet instructions, then drain. Whisk soy, oil, sugar and lime juice together to make a dressing, then toss half with the noodles.
4. Thinly slice the duck and serve with the mango, watercress and noodles. Drizzle with the remaining dressing.

Notes

Scoring the skin on duck breast fillets (available from poultry shops, butchers and selected supermarkets) helps to render the fat.