

Savoury Plum-Glazed Duck Breast

with Mixed Mushroom Rice and Nutty Slaw

Special Plus

40 Minutes











Shanghai Bok Choy



1 | 2

Mushrooms 200 g | 400 g



Mini Cucumber



1 2

Carrot, julienned 56 g | 113 g



Green Onion



2 | 4





Peanuts, chopped 28 g | 56 g







Vegetarian Oyster ¼ cup | ½ cup



Seasoned Rice 1 tbsp | 2 tbsp



Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, parchment paper, small bowl



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add 1 ¼ cups (2 ½ cups) water, 1 tbsp (2 tbsp) butter and ¼ tsp (¼ tsp) salt to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add rice, then reduce heat to low. Cover and cook until rice is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.



Prep and start duck

- Meanwhile, pat duck dry with paper towels.
- Using a sharp knife, score skin side of duck in a criss-cross pattern.
- Season with salt and pepper.
- Heat a large non-stick pan over medium-high heat. When hot, add duck to the dry pan, skin-side down.
- Reduce heat to medium. Cook until **skin** is crispy, 7-10 min.
- Flip and cook until golden-brown, 2-3 min.



Measurements

within steps

1 tbsp

2 person

(2 tbsp)

oil

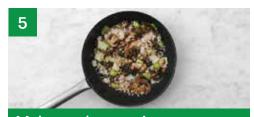
Make slaw and sauce

- While duck cooks, on a clean cutting board, thinly slice cucumber.
- Thinly slice green onions.
- Add vinegar, 1 tbsp (2 tbsp) plum sauce and ½ tbsp (1 tbsp) oil to a large bowl. Season with salt and pepper. Stir to mix.
- Add carrots, cucumbers, half the green onions and half the peanuts. Do not mix until step 6!
- Combine half the oyster sauce and remaining plum sauce in a small bowl.
 (NOTE: This is your umami-plum sauce!)



Finish duck and prep

- Transfer duck to a parchment-lined baking sheet, skin-side up. Discard all but 1 tbsp (2 tbsp) fat from pan.
- Spread half the umami-plum sauce over duck.
- Roast duck in the middle of the oven until cooked through, 8-12 min.**
- Meanwhile, cut mushrooms into ¼-inch slices.
- Separate bok choy leaves, then cut into ½-inch pieces. (TIP: Rinse bok choy leaves to wash away any hidden dirt!)
- Peel, then mince or grate **garlic**.



Make mushroom rice

- Reheat the same pan over medium-high.
- When hot, add mushrooms. Season with salt and pepper. Cook, stirring often, until beginning to soften, 4-5 min.
- Add 1 tbsp (2 tbsp) butter, garlic and bok choy. Cook, stirring often until fragrant and butter melts, 1 min.
- Fluff rice with fork, then add to pan with veggies. Add remaining oyster sauce. Stir to coat.
- Do not stir rice for 1-2 mins to let bottom fry slightly. Stir in remaining peanuts.



Finish and serve

- When **duck** is done, transfer to a plate to rest for 3-5 min.
- Mix cucumber slaw.
- Thinly slice duck.
- Divide **rice** and **slaw** between plates.
- Top rice with duck.
- Drizzle remaining umami-plum sauce over duck. Sprinkle remaining green onions over top.

** Cook to a minimum internal temperature of 74°C/165°F, for medium-well doneness.