



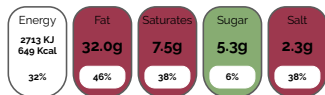
Hoisin duck with chickpea
pancakes, spring onions &
cucumber

WAYS  WELL

Hoisin duck with chickpea pancakes, spring onions & cucumber

PLU: g3222160
Recipe No.: 50184753

Per Average Serving



Adults need around 2000Kcal/8400kJ a day.
Typical values per portion: Energy 649Kcal/2713kJ.

INGREDIENTS (serves 4)

4 duck breasts	50ml tamari soy sauce	350ml water
5g Chinese five spice	50g tahini paste	1g sea salt
1g sea salt	20g honey	1g black pepper
1 cucumber	50ml orange juice	20ml olive oil
1 spring onion	2 tsp sesame oil	5g sesame seeds
1 red chilli	1-2 tsp Chinese five spice	
For the hoisin sauce:	For the chickpea wraps;	
1-2 garlic cloves	250g gram flour (chickpea flour)	

METHOD:

1. Preheat the oven to fan 200°C.
2. With a sharp knife, score the fat of each duck breast in a criss- cross pattern, then sprinkle over half the five-spice powder and salt and rub in.
3. In an ovenproof frying pan on high heat, place the duck breasts skin side down (no need to oil the pan). Sprinkle the remainder of the five spice and salt on the breast. Cook for 3 mins or until most of the fat has rendered, and the duck skin is golden.
4. Turn the duck breasts over and cook for a further 30 secs to seal the other side. Place the pan in the oven for the duck to finish cooking (8 mins for rare or 10 mins for medium rare) then remove the duck and leave to rest on a chopping board for 10 mins.
5. Pour any excess duck fat from the pan into a bowl.
6. Cut the cucumbers into matchsticks. Cut the spring onions into matchsticks. Deseed and slice the red chilli.
7. Make the hoisin sauce by whisking all the ingredients together in a bowl, taste for seasoning and set aside.
8. For the chickpea wraps; Whisk together the chickpea flour, water, salt and pepper and leave to sit for 10 mins. Heat 1 teaspoon of the oil in a medium-sized frying pan over a high heat. Add 3 tablespoons of the batter to the frying pan, swirling it around to cover the base, and cook for 1½ mins, sprinkle over some sesame seeds, then flip over and cook on the other side for another 30 secs. Tip the wrap onto a plate, making sure you remove any excess bits from the pan or they'll burn when you cook the next wrap, and repeat - adding a little more of the oil each time - until you have used all the batter
9. To serve; Cut the duck breasts into thin slices, sprinkle with the chilli and place on a serving plate with the hoisin sauce in a bowl. Put the chickpea wraps on another plate and place the sliced cucumber and spring onions in a separate bowl.