KIKKOMAN

Crispy duck & veggie stir-fry in plum & soy sauce

Total time **75 mins** **15 mins** preparation time **60 mins** cooking time

Nutritional facts (per portion):
2,930 kJ / 812 kcal

Fat: **48 g** Protein: **42 g**
Carbohydrates: **49 g**

INGREDIENTS

2 portion(s)

Duck:

2	duck legs
150 ml	Kikkoman Naturally Brewed Soy Sauce
300 ml	water
1 tsp	five-spice powder (or whole spices like cinnamon, star anise, coriander, etc.)
3	garlic cloves
3 cm	fresh ginger

Stir-fry:

1	red onion
3	garlic cloves
3 cm	fresh ginger
1	chilli pepper
1	pak choi
1	plum (optional)
100 g	shiitake (or oyster) mushrooms
0.5 bunch	of spring onions or thick chives
100 ml	Kikkoman Naturally Brewed Soy Sauce
1 handful	of sugar snap peas
3.5 tbsp	of Chinese plum sauce
50 g	tinned bamboo shoots (optional)
	Oil for cooking (e.g. rapeseed)
300 g	rice noodles, cooked according to the instructions on the

PREPARATION

Step 1

Place the duck legs in a saucepan. Add the Kikkoman Soy Sauce, water and spices. Slice the garlic and ginger and add to the liquid. Bring to a boil, then cover and simmer over a low heat for about 45 minutes or until the duck legs are tender.

Step 2

Cut the onion into strips. Chop the garlic. Finely chop or grate the ginger. Chop the chilli pepper. Cut the pak choi into strips and dice the plum. Cut the shiitake mushrooms into small pieces. Chop the spring onions. Remove the cooked duck meat from the bones and cut into small pieces

Step 3

Heat a little cooking oil in the pan. Add the duck pieces and fry briefly. Add the onion, garlic, chilli, and ginger and fry for about 1 minute. Add the pak choi, mushrooms, sugar snap peas and (optional) bamboo shoots. Stir-fry for about a minute. After a while, add the plum sauce, Kikkoman Soy Sauce and diced plum. Stir-fry briefly, then add the chopped spring onion.

Step 4

Serve with the cooked rice noodles.

packet