

# Duck stir-fry with orange and ginger

Total time **18 mins** Preparation time **10 mins** Cooking time **8 mins**

Nutritional facts (per portion):

**1,755 kJ / 420 kcal**

Fat: **20 g** Protein: **33 g**

Carbohydrates: **25 g**

## INGREDIENTS

**2 portion(s)**

<b>250 g</b>	duck breast, skin removed and sliced thinly
<b>30 ml</b>	vegetable oil
<b>2 cm</b>	ginger, grated
<b>80 g</b>	carrot, cut into thin matchsticks
<b>100 g</b>	green beans, cut into medium pieces
<b>1</b>	star anise
<b>80 ml</b>	water
<b>200 g</b>	orange, peeled and diced
<b>30 ml</b>	<u>Kikkoman Naturally Brewed Soy Sauce</u>
<b>1 tbsp</b>	honey
<b>Garnish:</b>	
<b>1</b>	handful spring onion, chopped (green part only)

## PREPARATION

### Step 1

**250 g** duck breast, skin removed and sliced thinly - **15 ml** vegetable oil  
Stir-fry the duck in hot oil for 2-3 minutes until lightly browned, then remove from the wok and set aside.

### Step 2

**15 ml** vegetable oil - **2 cm** ginger, grated - **80 g** carrot, cut into thin matchsticks - **100 g** green beans, cut into medium pieces - **1** star anise - **80 ml** water  
Heat the oil in the same wok, add the ginger, carrot, green beans and star anise and stir-fry for 2-3 minutes. Add the water and let it reduce for about 2 minutes until the beans soften.

### Step 3

**200 g** orange, peeled and diced - **30 ml** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** honey - **1** handful spring onion, chopped (green part only)  
Return the duck to the wok, add the orange, Kikkoman Soy Sauce and honey. Heat for another 1-2 minutes to combine all the flavours. Remove the star anise before serving and garnish with the spring onion.