

Duck stir-fry with orange and ginger

Total time **18 mins** 10 mins preparation time 8 mins cooking time

Nutritional facts (per portion):
1,755 kJ / 420 kcal

Fat: **20 g** Protein: **33 g**
Carbohydrates: **25 g**

INGREDIENTS

2 portion(s)

250 g	duck breast, skin removed and sliced thinly
30 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
200 g	orange, peeled and diced
30 ml	<u>Kikkoman Naturally Brewed Soy Sauce</u>
1 tbsp	honey
Garnish:	
1	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.