







More Than Food
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Duck à l'Orange with an Asian Twist

Every week at the Fresh Farm we sit down and go over all of your feedback to decide what we'll cook the following week. Lots of you love the classic dishes of your childhood, whilst the thrill seekers amongst you like to try out things you've never tasted before. This week we thought we'd try to tick both culinary boxes by creating an old favourite with a little oriental twist. Use more or less of the lemongrass according to taste and make sure you chop it up micro-fine for the best result.



30 mins



lactose free



spicy



gluten free



healthy



Brown Basmati Rice
($\frac{3}{4}$ cup)



Duck Breast
(2)



Orange
(1)



Spring Greens
(1 bag)



Red Chilli
($\frac{1}{2}$)



Lemongrass
(1)



Garlic Clove
(1)



Ginger
(1 tbsp)



Star Anise
(1)

Ingredients

2 PEOPLE ALLERGENS

Brown Basmati Rice	¾ cup
Duck Breast	2
Orange	1
Spring Greens, sliced	1 bag
Red Chilli, chopped	½
Lemongrass, chopped	1
Garlic Clove, chopped	1
Ginger, chopped	1 tbsp
Star Anise	1

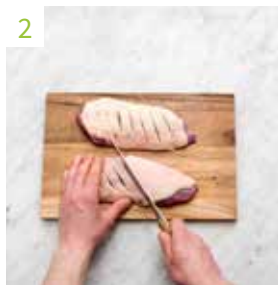
🍷 Our fruit and veggies may need a little wash before cooking!

Did you know...

Duck à l'Orange became popular in the UK as far back as the 1960s.

Nutrition per serving: Calories: 426 kcal | Protein: 34 g | Carbs: 46 g | Fat: 12 g | Saturated Fat: 3 g

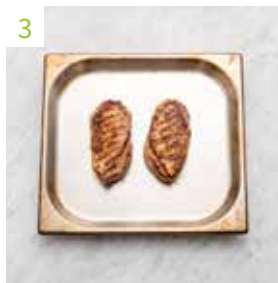
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1 Pre-heat your oven to 200 degrees. Boil a large pot of water with ¼ tsp of **salt**. Rinse the **rice** under running water for 30 seconds. Tip the **rice** into the boiling water and boil for around 25 mins. Drain the **rice** thoroughly and rinse with cold water to cool.

2 Cut slices across skin of the **duck breasts** with a sharp knife. Grate the zest of the **orange** (don't grate into the bitter white part and keep the orange whole). Rub the zest onto the skin of the **duck breasts** along with a pinch of **salt**. **Tip:** *The more you cut into the skin, the easier it is for the fat to be released.*

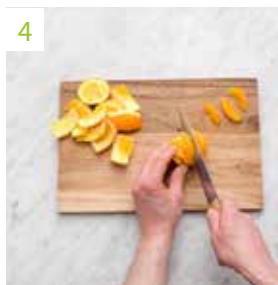
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3 Lay the **duck breasts** in a cold frying pan skin-side down. Cook on medium-low heat for about 8 mins or until the fat is crisp and golden. Transfer to a baking tray skin side up and cook for 5 mins (or 10 mins for very well done) on the top shelf of your oven. **Tip:** *Keep the frying pan with the duck fat for more flavour later on.*

4 Segment the **orange** by cutting off the top and bottom. Cut off the remaining skin and pith (following the shape of the orange). Finally, over a bowl cut out the segments of fruit by cutting in between the membranes. Squeeze the leftover core of the **orange** into the bowl to collect its juice.

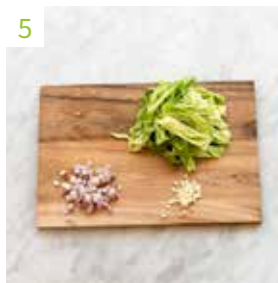
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5 Roughly slice the **spring greens** and finely chop the **chilli**. Cut the base off the **lemongrass** and discard the outer leaves, chop very, very finely. Peel and finely chop the **garlic** and the **ginger**.

6 Remove all but 1 tbsp of the **duck fat** from the frying pan and put on high heat. Add the **garlic** and the **spring greens** and fry for 2-3 mins with ¼ tsp of **salt**. Add the **rice** and continue to fry for a few more mins.

5



7 In a separate frying pan, heat 2 tsp of **oil** on low heat and fry some **chilli**. **Tip:** *It's spicy so only add as much as you can handle!* Add the **ginger**, **star anise** and 1 tsp of the **lemongrass** and cook for 5 mins. Add the **orange juice**, 2 tbsp of **water**, 1 tsp of **sugar** (if you have some), half the **orange segments** and cook for 2-3 mins. Add the remaining **orange segments** and warm through for another minute.

8 Put your **duck breasts** on a chopping board and cut them into 2cm wide slices. Serve your **rice** and spoon over your spicy orange sauce - Yum!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!