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## Hoisin Duck with Fragrant Basmati Rice, Cucumber and Coriander

Mmmm, who doesn't love hoisin duck in a pancake? Well, what about with some rice, fresh cucumber and coriander? It's André's twist on a classic dish which is loved by so many of us!

 35 mins

 family box

 lactose free

 healthy



Basmati Rice (2 packs)



Cinnamon Stick (1)



Cucumber (1)



Lime (1)



Coriander (5 tbsp)



Duck Breast (4)




Hoisin Sauce (3 tbsp)

## Ingredients

4 PEOPLE

ALLERGENS

Basmati Rice	2 packs	
Cinnamon Stick	1	
Cucumber, chopped	1	
Lime	1	
Coriander, chopped	5 tbsp	
Duck Breast	4	
Hoisin Sauce	3 tbsp	Gluten, Soya, Sulphites

 Our fruit and veggies come straight from the farm so give them a little wash before using

**LH** Step for little hands

### Did you know...

Hoisin sauce is used in Chinese cooking much like barbecue sauce is used in American cooking.

**Nutrition per serving:** Calories: 558 kcal | Protein: 33 g | Carbs: 10 g | Fat: 43 g | Saturated Fat: 16 g

2



**1** Pre-heat your oven to 200 degrees. Pour the **basmati rice** into a pot with 700ml of **water**, the **cinnamon stick** and ½ tsp of **salt**. Put the pot on high heat and bring to the boil. Once boiling, reduce the heat to low and pop the lid on. Cook for 10 mins and then remove from the heat. Leave the **rice** to finish cooking off the heat in its own steam for another 10 mins. No peeking!

**2** As the **rice** cooks, prepare the **cucumber**. Remove the pointy ends and then cut the **cucumber** lengthways into four strips. Remove the seeds with a spoon and then cut each strip into 1cm sized chunks. Pop the **cucumber** in a bowl with a ¼ tsp of **salt**, 1 tsp of **sugar** (if you have some) and mix well.

4



**3** Juice the **lime** into the chopped **cucumber** and roughly chop the **coriander**. **LH:** *Mix the **cucumber**, **lime juice** and **coriander** together and leave until later.*

**4** Next, prepare the **duck breasts** by scoring the skin gently in a criss cross pattern. **Tip:** *Scoring the skin will help with melting the duck fat that is underneath the skin.*

**5** Season each of your **duck breasts** with a pinch of **salt** and a grind of **black pepper**. Put the **duck breasts** skin-side down into a frying pan on medium heat. Continue to cook for 5 to 7 mins until the skin is golden brown and crispy. **Tip:** *As the heat of the pan melts the duck fat under the skin, drain the fat into a bowl. Keep the fat in the fridge and use this on your roasties at the weekend.*

6



**6** Turn the **duck breasts** over, brown the flesh side for 2 mins and pour in 2 tbsp of **hoisin sauce**. Roll the **duck breasts** around in the sauce and then transfer them to a baking tray. Don't wash up the frying pan (with any leftover **hoisin sauce**) you'll need it later!

**7** Put the **duck breasts** in your oven and roast for 7 mins if you like them medium. Cook for 5 mins if you like your **duck** rare or cook for 15 mins for well done.

8



**8** When the **duck** is cooked, take it out of your oven and pop it back into the frying pan you used earlier. Add the remaining **hoisin sauce** to the pan, coat your **duck breasts** with the sauce and leave for 5 mins for the meat to relax.

**9** As the **duck** relaxes, fluff up your **rice** with a fork. Discard the **cinnamon stick**. Slice your **duck breast** widthways into five or six pieces.

**10** Spoon a generous amount of **rice** onto your plates, top with the **cucumber**, **coriander** and **lime** juice and then finish with your sliced **duck breast**. Drizzle over your **hoisin sauce** and enjoy!!

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