



## Duck satay with peanut sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



20

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 50 g t brown sugar dark
- ☐ 100 ml soya sauce
- ☐ 100 ml cooking wine
- ☐ 2 star anise
- ☐ 1 cinnamon sticks
- ☐ 1 to 5 chilies split red
- ☐ 4 duck breast meat – skin left on skinless
- ☐ 200 g peanut butter

☐ 4 tbsp vegetable oil

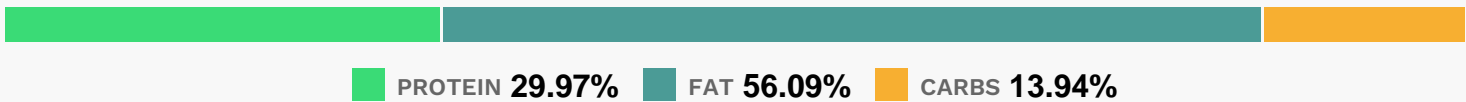
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ mortar and pestle
- ☐ wooden skewers

## Directions

- ☐ Place the sugar, soy, Shaohsing or sherry, star anise, cinnamon, chilli and 100ml water into a pan. Bring to the boil, then remove from the heat and cool. Slice the duck into thin strips, about 5mm wide, and place in the marinade. Leave in the fridge overnight.
- ☐ Remove the duck from the marinade.
- ☐ Pour 100ml of the marinade into a small pan along with the peanut butter. Finely chop half the marinated chilli, or pound to a paste using a pestle and mortar, and place in the pan. Cook over a low heat, letting it bubble for at least 5 mins.
- ☐ Add a little water if it starts to dry out. The sauce can be made up to 2 days ahead and kept in the fridge.
- ☐ To cook the satay, thread the duck strips onto 20 wooden skewers that have been soaked in water for 1 hr.
- ☐ Mix 4 tbsp of the peanut sauce with the oil and brush all over the duck.
- ☐ Heat a griddle pan until really hot, then cook the duck for about 10 mins, turning until golden all over. You will have to do this in batches, so keep some warm in a low oven or make a day ahead and reheat in the oven.
- ☐ Serve with peanut dipping sauce.

## Nutrition Facts



## Properties

Glycemic Index:4.95, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:11.499565194482%

Nutrients (% of daily need)

Calories: 157.66kcal (7.88%), Fat: 9.81g (15.09%), Saturated Fat: 2.02g (12.59%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 4.82g (1.75%), Sugar: 3.72g (4.13%), Cholesterol: 34.8mg (11.6%), Sodium: 343.74mg (14.95%), Alcohol: 0.53g (100%), Alcohol %: 0.92% (100%), Protein: 11.79g (23.58%), Vitamin B12: 5.88µg (97.93%), Vitamin B6: 0.34mg (17.07%), Vitamin B3: 3.11mg (15.53%), Selenium: 9.55µg (13.64%), Iron: 2.44mg (13.53%), Vitamin B1: 0.2mg (13.32%), Phosphorus: 126.98mg (12.7%), Manganese: 0.22mg (10.8%), Vitamin B2: 0.17mg (9.74%), Copper: 0.19mg (9.51%), Vitamin E: 1.15mg (7.69%), Magnesium: 30.38mg (7.6%), Vitamin C: 6.06mg (7.35%), Potassium: 205.72mg (5.88%), Vitamin K: 5.4µg (5.14%), Vitamin B5: 0.5mg (4.97%), Zinc: 0.61mg (4.09%), Folate: 12.81µg (3.2%), Fiber: 0.66g (2.64%), Calcium: 12.43mg (1.24%)