



Pressed Tofu, Roast Duck, and Broccolini Stir-Fry



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound broccolini cut into 3-in. lengths
- ☐ 6 ounces duck shredded thinly sliced (include breast and leg/thigh meat and set aside fat and skin)
- ☐ 3 garlic clove finely chopped
- ☐ 4 servings salt
- ☐ 1 tablespoon sesame oil divided toasted
- ☐ 1.5 tbsp soya sauce
- ☐ 1 tsp sugar

- ☐ 9 ounces spicy tofu smoked pressed (five-spice or)
- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 tsp pepper white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ stove
- ☐ wok
- ☐ slotted spoon

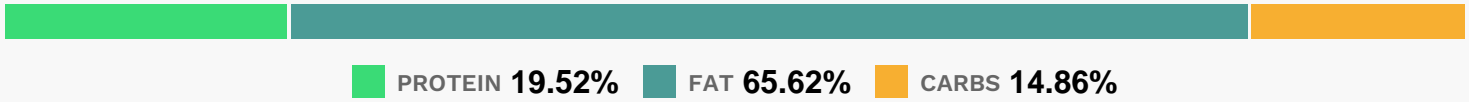
Directions

- ☐ Boil broccolini in a pot of salted water until it's bright green, 2 to 3 minutes.
- ☐ Drain, rinse with cold water, and drain well. Set aside.
- ☐ Cut tofu into very thin (1/8 in. thick) slices and put in a bowl. Stir together 1 tsp. sugar, 1/4 tsp. pepper, the vinegar, 1 1/2 tbsp. soy sauce, and 2 tsp. sesame oil in a small bowl. Put next to stove along with tofu, duck meat, and garlic.
- ☐ Slice duck skin thinly and heat, along with fat, in a large wok or frying pan over medium-high heat. Cook fat and skin, stirring 2 to 3 minutes, until most of the fat has melted and skin is crisp.
- ☐ Transfer skin with a slotted spoon to paper towels.
- ☐ Pour off all but about 2 tbsp. fat from pan (if you don't have that much fat, add canola oil to make up the difference).
- ☐ Add garlic to pan and let sizzle just until fragrant, about 15 seconds.
- ☐ Add tofu and a pinch each of salt and sugar. Cook 30 seconds, then add duck meat and stir-fry 30 seconds to heat through.
- ☐ Add broccolini and stir-fry 2 minutes to heat.

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- Stir seasoning sauce again, then add to wok. Cook until most of the liquid has been absorbed, about 1 minute. Season with extra salt or soy sauce if you like.

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Nutrition Facts



Properties

Glycemic Index:45.02, Glycemic Load:1.13, Inflammation Score:-9, Nutrition Score:11.369130341903%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 315.63kcal (15.78%), Fat: 23.06g (35.48%), Saturated Fat: 6.44g (40.26%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 9.76g (3.55%), Sugar: 4.04g (4.49%), Cholesterol: 32.32mg (10.77%), Sodium: 634.02mg (27.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.87%), Vitamin C: 105.98mg (128.46%), Vitamin A: 2072.79IU (41.46%), Calcium: 170.65mg (17.06%), Iron: 2.97mg (16.52%), Vitamin B3: 1.96mg (9.78%), Selenium: 5.68µg (8.11%), Fiber: 1.99g (7.96%), Phosphorus: 71.75mg (7.18%), Vitamin B1: 0.09mg (6.15%), Vitamin B6: 0.12mg (6.12%), Vitamin B2: 0.1mg (6.02%), Copper: 0.12mg (5.9%), Vitamin B5: 0.44mg (4.43%), Manganese: 0.09mg (4.39%), Zinc: 0.64mg (4.24%), Potassium: 112.46mg (3.21%), Vitamin K: 2.85µg (2.72%), Magnesium: 9.82mg (2.46%), Vitamin E: 0.35mg (2.32%), Vitamin D: 0.3µg (1.98%), Vitamin B12: 0.11µg (1.77%), Folate: 6.83µg (1.71%)