



## Sticky duck with Chinese pickled radishes



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



2

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 bunches radishes sliced (see below)
- ☐ 2 tbsp brown sugar
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 1 tbsp soy sauce
- ☐ 1 tbsp brown sugar
- ☐ 1 to 5 chillies red deseeded sliced
- ☐ 1 tsp clear honey
- ☐ 1 tbsp rice wine

- ☐ 1 tsp five spice powder
- ☐ 2 duck breast meat – skin left on
- ☐ 1 tbsp vegetable oil
- ☐ 1 leaves radishes
- ☐ 2 garlic clove sliced
- ☐ 1 tsp soy sauce
- ☐ 1 tsp sesame oil
- ☐ 1 tsp sesame seed

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ wok

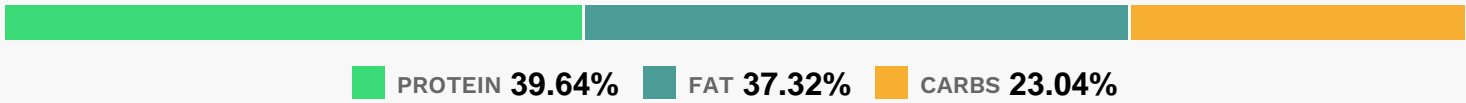
## Directions

- ☐ Put the radishes in a sieve over a bowl.
- ☐ Sprinkle with the caster sugar and 2 tsp salt, and leave for at least 30 mins or up to 1 hr. Make a dressing by mixing the vinegar, soy sauce, brown sugar and chilli together until the sugar dissolves. Gently press the radishes to release any liquid, then tip them into a bowl and pour over the dressing.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ For the duck, mix the honey, soy, rice wine and vinegar in a small bowl. Slash the skin of the duck breasts and season with salt, pepper and the five-spice powder.
- ☐ Heat an ovenproof frying pan and cook the duck, skin-side down, for 5 mins until golden. Flip over, baste with the honey and soy mix, then put the pan in the oven for 15–20 mins, turning the breasts a couple of times to glaze the skin. Leave the duck in the pan to rest.
- ☐ For the radish leaves, heat the oil in a small wok, add the leaves and garlic, and stir-fry until the leaves are just wilted. Splash with soy, drizzle with sesame oil and scatter with sesame seeds.

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Serve the duck breasts whole or sliced its up to you with the pickled radishes and the stir-fried leaves.

# Nutrition Facts



## Properties

Glycemic Index:115.64, Glycemic Load:2.89, Inflammation Score:-6, Nutrition Score:33.107391150101%

## Flavonoids

Pelargonidin: 31.88mg, Pelargonidin: 31.88mg, Pelargonidin: 31.88mg, Pelargonidin: 31.88mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 488.58kcal (24.43%), Fat: 19.78g (30.43%), Saturated Fat: 4.41g (27.55%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 25.76g (9.37%), Sugar: 22.55g (25.06%), Cholesterol: 174.02mg (58.01%), Sodium: 540.81mg (23.51%), Alcohol: 1.21g (100%), Alcohol %: 0.42% (100%), Protein: 47.27g (94.54%), Vitamin B12: 29.38µg (489.67%), Vitamin B6: 1.59mg (79.45%), Selenium: 46.89µg (66.98%), Vitamin C: 55.23mg (66.94%), Iron: 11.84mg (65.77%), Vitamin B1: 0.95mg (63.42%), Phosphorus: 479.4mg (47.94%), Vitamin B2: 0.76mg (44.44%), Vitamin B3: 8.36mg (41.82%), Copper: 0.82mg (40.83%), Potassium: 909.35mg (25.98%), Vitamin B5: 2.03mg (20.31%), Magnesium: 77.39mg (19.35%), Vitamin K: 16.67µg (15.87%), Zinc: 2.1mg (14.01%), Manganese: 0.26mg (13.03%), Folate: 37.56µg (9.39%), Calcium: 69.82mg (6.98%), Vitamin A: 344.1IU (6.88%), Fiber: 1.7g (6.8%), Vitamin E: 0.79mg (5.28%)