



Wok-fried duck & oyster sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 duck breast meat – skin left on
- ☐ 150 ml oyster sauce
- ☐ 4 yu choy quartered
- ☐ 2 tbsp vegetable oil

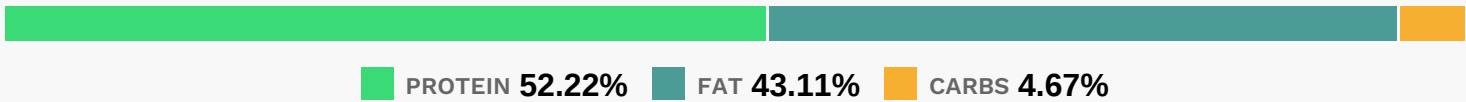
Equipment

- ☐ frying pan
- ☐ pot
- ☐ wok

Directions

- ☐ Score the skin of the duck, place them skin-side down in a cold heavy-based frying pan. Turn the heat to high and let the duck slowly warm; this will render the fat from the skin, so you get a better texture and flavour, about 10 mins.
- ☐ Meanwhile, bring a pot of water to the boil and add a dash of the oyster sauce to it. Boil the bok choy for 2 mins until wilted, drain and set aside. Reduce the heat under the duck, cook for a few more mins, then remove from the pan. When cool enough to handle slice the duck thinly.
- ☐ Pour 1 tbsp of the fat from the duck into a wok with the oil and place over a high heat. Throw the duck in to the hot fat and let it cook for 3 mins until coloured.
- ☐ Add the bok choy and oyster sauce, stir well, simmer for 2 mins and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:15.652173751074%

Nutrients (% of daily need)

Calories: 178.54kcal (8.93%), Fat: 8.31g (12.78%), Saturated Fat: 2g (12.47%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0g (0%), Cholesterol: 87.01mg (29%), Sodium: 566.48mg (24.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.63g (45.27%), Vitamin B12: 14.77µg (246.09%), Vitamin B6: 0.68mg (34.05%), Selenium: 23.41µg (33.44%), Vitamin B1: 0.45mg (30.26%), Iron: 5.13mg (28.48%), Phosphorus: 214.23mg (21.42%), Vitamin B2: 0.36mg (21.28%), Vitamin B3: 4.11mg (20.56%), Copper: 0.37mg (18.3%), Vitamin C: 7.66mg (9.28%), Vitamin B5: 0.91mg (9.07%), Potassium: 312.77mg (8.94%), Magnesium: 25.6mg (6.4%), Vitamin K: 6.25µg (5.95%), Zinc: 0.81mg (5.38%), Folate: 9.54µg (2.38%), Vitamin E: 0.28mg (1.85%), Vitamin A: 59.94IU (1.2%), Calcium: 10.45mg (1.05%)