

Five Spiced Duck Breast with Bok Choi

Serves 4

Cuisine: Chinese

Preparation Time: 10 minutes

Cooking Time: 20 Minutes

Ingredients:

4 Duck breasts, skin-on
1 tsp Chinese five-spice powder
2 Star anise
4 Bok Choi, halved
6 Spring onions, cut into diagonal strips
2 tbsp Light Soy sauce
100ml Chicken stock
2 tbsp Runny honey
Maldon sea salt and freshly ground black pepper

Method:

1. Cut diagonals slashed across the skin of the duck breasts ensuring you don't cut through to the flesh.
2. Rub the duck breasts with the five-spice powder and season well.
3. Place the duck breasts skin-side down in a cold heavy-based chef's pan with the star anise – add no oil or fat!!!
4. Place onto a medium heat and as the fat renders off the duck breasts, spoon it out into a small bowl.
5. Cook for 8-10 minutes until the skin is well cooked and almost burned. Flip over onto the flesh side and cook for 1 minute more.
6. Brush the skin with honey and place onto a baking dish, skin side up and into a pre-heated oven at 190C and cook for 8 minutes on a timer.
7. Remove the duck breasts and rest covered in foil until the rest of the dish is completed.
8. Meanwhile add the bok choi to the pan and brown the roots off – the leaves will wilt slightly
9. Add the soy sauce and stock with a little water along with the spring onions and cover with a lid to get some steam going in the pan
10. When the bok choi root is tender, slice the duck breasts and serve with the bok choi and sauce spooned over

To serve

Serve with plain boiled rice or noodles.

Chef's Notes: