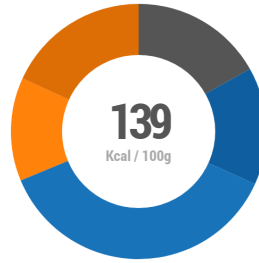


Maple & Soy 'Duck' with Coconut Rice & Hoi Sin Stir Fry Vegetables

OVERVIEW ...



CALORIES:

51.9% Carbs

16.8% Protein

31.3% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT,
BARLEY

SESAME

SOYA

MAY CONTAIN:



ALMONDS,
CASHEWS

PEANUTS

CELERY

MUSTARD

OTHER PROPERTIES:



VEGETARIAN

VEGAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

134294 Squeaky Bean Plant Based Pulled Duck..

PB PULLED DUCK

BRAKES **70g**

unchanged

30808 Brakes Basmati Rice Portions..

BASMATI RICE PORTIONS

BRAKES **200g**

1x Each

unchanged

127121 Brakes Coconut Milk.. - BRAKES

127121 COCONUT MILK

BRAKES **100ml**

N/A

100535 Brakes Pure Canadian Maple Syrup..

PUREADIAN MAPLE SYRUP

BRAKES **25g**

N/A

124866 Kikkoman Soy Sauce 1L.. - BRAKES

124866 SOY SAUCE 1L

BRAKES **25g**

N/A

10582 Pak Choi (19 Oct 2023)..

PAK CHOI FRESH DIRECT

BRAKES **20g**

0.04x Each

unchanged

450693 Carrots CLASS II (19 Oct 2023)..

CARROTS CLASS II FRESH DIRECT

BRAKES **50g**


0.03x Each





unchanged

134644 Cooks & Co Garlic Puree.. - BRAKES 134644 GARLIC PUREE	BRAKES	5g	unchanged
131165 Black Sesame Seeds.. SESAME SEEDS	BRAKES	2g	unchanged
151641 World of Spice Sesame Seeds Whole.. SESAME SEEDS WHOLE	BRAKES	2g	N/A
10473 Spring Onions Bunch.. SPRING ONIONS BUNCH FRESH DIRECT	BRAKES	15g	unchanged
85664 Knorr Professional Blue Dragon Hoi Sin Concentrated Sauce 1.1... BLUE DRAGON HOI SIN CONCENTRATED SAUCE	BRAKES	20g	unchanged
148955 Radish.. RADISH	BRAKES	10g	unchanged
113885 Herb Bunched Coriander (19 Oct 2023).. HERB BUNCHED CORIANDER FRESH DIRECT	BRAKES	5g	N/A
148781 Global Hacienda Soya Beans.. - BRAKES 148781 SOYA BEANS	BRAKES	50g	½ x Each unchanged

PRODUCTS / PACK SIZES ...

1 Serving





 599g / 847kcal
 # 1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

- Defrost the rice
- Defrost the duck
- Defrost the soya beans
- Shred the carrots
- Finely slice the radish
- Shred the pak choi
- Shred the spring onion
- Pick the coriander

Method:

- In a pan over a medium heat combine the soy sauce and maple syrup and bring to a gentle simmer.
- Add the duck and cook until most of the liquid is absorbed.

3. In a pan bring the coconut milk to the boil and add the rice, cook until slightly sticky.
4. In a pan over a high heat fry the garlic, then add the carrots, pak choi, soya beans, radish and sesame seeds.
5. When they have started to soften, add the hoi sin sauce and cook for a few minutes until the sauce is heated through.
5. Bring all the elements together in a bowl and garnish with pickled coriander - serve!