

WHAT THE DOCTOR ORDERS, COOKS AND EAT

Duck in a dash



WHAT TO BUY:

Duck breast Spring
onions-2
Cucumber-half
Lettuce leaves
Hoi sin sauce 2-3 TBS
Sesame seeds
Black pepper-large pinch Szechuan
Peppercorns-2 pinches
Chinese five spice powder half a teaspoon

WHAT TO DO:

Slice the skinless duck breast
Finely slice the spring onions
Deseed the cucumber and cut it into wedge strips
Grind the peppercorns and mix with the spice and a pinch of salt
Sprinkle the meat with the spice mix and drizzle with oil
Heat a large frying pan and stir fry the duck until browned, add in the spring onions and hoi sin sauce and then half the cucumber, stir fry for a further minute.
Arrange the lettuce leaves like cups and divide the duck between the cups. Sprinkle with sesame seeds and the remaining cucumber.
This will be done in moments.

WHAT TO EXPECT:

This is rich savoury and yet light way of cooking duck with cucumber and lettuce cups bringing a cool freshness.

WHAT'S WHAT:

Duck is a good source of protein, niacin, phosphorus, riboflavin, iron, zinc, B6 and thiamine.
Cucumber is a low calorie, low carbohydrate foodstuff with vitamins C, K, manganese, potassium and magnesium.

Hoisin sauce is a chinese sweet/sour glaze, usually containing soy beans, chilli, garlic, vinegar, Chinese 5 spice and a starch - either wheat, sweet potato or rice so may not be gluten free.

From Healthy Eating by Gordon Ramsay.