

WOOLWORTHS TERIYAKI DUCK BREAST



With Chef Emma Morey #ExpressoShow

INGREDIENTS:

For the Teriyaki Duck Breast:

- 2 Duck breasts
- ¼ Cup of Woolies' teriyaki sauce
- Salt and black pepper

For the Asian Garnish Salad:

- 100g Mung beans sprouts
- 10g Fresh coriander, picked
- 90g Pickled red onion
- 10g Fresh mint, picked
- 30g Coconut shavings, toasted
- 1 Lime
- 2 Tablespoons olive oil
- 2 Teaspoons soy sauce
- Salt and pepper to taste



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METHOD

1. For the Teriyaki Duck Breast:

- Place a medium sized pan on the stove, do not switch it on.
- Score the skin on the breast and season with salt.
- Place the breasts skin side down in a cold pan.
- Switch the pan onto a medium heat and cook the breast skin side down for 6 minutes.
- Using tongs hold the breast and cook the sides for 30 seconds each.
- Place the breast flesh side down and cook for
 - Medium rare - 7½ minutes
 - Medium well - 8½ minutes
- 1 minute before removing the duck, add the teriyaki sauce and baste until caramelised and golden.
- Remove from the pan and allow to rest for 6 minutes before slicing against the grain.
- Whilst it is resting move on to prepping the remainder of the meal.



2. For the coconut rice:

- Place the bag into the microwave for 90 seconds.

3. For the Asian Garnish Salad:

- In a large mixing bowl, combine all the ingredients for the salad and toss.

4. To serve:

- On 2 plates split the rice evenly and place in the centre.
- Top with the sliced duck breast.
- Place the salad on top of the sliced duck breast and enjoy.

