

THAI DUCK NOODLE SALAD

Serves 4

INGREDIENTS:

Crispy Skin Duck:

- 2 Ducko duck breast fillets (skin on)

Salad:

- 1 Cucumber, grated
- 1 Carrot, grated
- 2 Spring onions, finely sliced (white parts only)
- 50g Fresh coriander, chopped
- 50g Fresh mint, chopped
- 100g Rice vermicelli noodles
- Dressing:
 - 1 Tablespoon minced lemongrass
 - 2 Tablespoons lime juice
 - 2 Tablespoons fish sauce
 - 2 Tablespoons palm sugar (or light brown sugar)
 - 1 Teaspoon toasted sesame oil
 - 1 Teaspoon minced red chilli
 - 1 Tablespoon coriander roots, finely diced
- Fried shallots (to serve)



Serving Suggestion

METHOD

1. Preheat and prepare the duck:

- Preheat the oven to 190°C.
- Pat the duck skin dry with kitchen paper towel and score it using a sharp knife.

2. Cook the duck:

- Heat a skillet over medium-high heat. Place the duck skin-side down and fry for about 8 minutes or until the skin is golden and crispy. Discard excess oil as it renders.
- Turn the duck over (skin-side up) and sear for 1 minute.
- Transfer the duck breasts to the oven and roast for 15–18 minutes until cooked through but still slightly pink.
- Remove the duck from the oven and set aside to rest for at least 10 minutes. Once cooled, thinly slice and set aside.



3. Prepare the salad:

- In a large bowl, mix the cucumber, carrot, spring onions, coriander and mint. Set aside.
- Cover the noodles in boiling water for 5 minutes until soft. Drain, rinse under cold water and allow to cool.

4. Make the dressing:

- In a small saucepan over low-medium heat, stir together all dressing ingredients. Cook for 1 - 2 minutes or until the sugar has dissolved. Remove from heat and allow to cool.

5. Assemble the salad:

- Toss the cooled noodles and dressing through the prepared salad. Divide the mixture into four bowls.
- Top each bowl with sliced duck and sprinkle with fried shallots.

6. Serve and enjoy:

- Serve immediately and enjoy your refreshing, flavour-packed Thai Duck Noodle Salad!



DUCKO FOODS