

Sounds a bit posh? Well there are some interesting changes in food prices at the moment. There was a ?More Card? offer at Morrisons last week. So 2 Duck Breasts were £2, whereas 2 Chicken Breasts were £5.29! We used to be able to buy 2 whole Chickens for less than a fiver?.. So Duck it was and not only was it in budget, it was very tasty.

Ingredients:-

2 Duck Breasts
A Bunch of Coriander, chopped. Reserve some to garnish
4 Bay Leaves, blitzed
The Zest of a lime plus its juice
1 Red Chilli, chopped
2 Cloves of Garlic, minced
1 Tbsp of Soy Sauce (Gluten free for us)
½ Tsp of Caster Sugar
Lime wedges to garnish
Spring Onions, chopped, to garnish
Oil to fry
Salt & Pepper to season

Method:-

(1) Combine the Coriander, Bay Leaves, Chilli, Garlic, Soy Sauce, Caster Sugar and the Zest of the Lime in a bowl.
(2) Score the Duck skin and coat in the marinade.

(3) Season with Salt & Pepper and place in the fridge for 2 to 3 hours covered.
(4) All a little Oil to a frying pan over a medium heat.
(5) Scrap off the excess marinade and return to the bowl.
(6) Add the Duck to the pan and sear on both sides for 2 minutes.
(7) Remove and keep warm.
(8) Add the remaining marinade to the pan with a little water if needed.
(9) Bring to a simmer and then return the Duck Breasts.
(10) Stir to coat the Duck in the marinade.

We served ours over Saffron Rice with a side of Pak Choi, garnished with Spring Onions, chopped Coriander and Lime Wedges.