

HOI SIN DUCK BREAST



A rich, Chinese barbecue style sauce that's as good for stir-frying as it is for marinating.

PREP
30

COOK
15

SERVES
2

INGREDIENTS

- 2 Duck Breasts
- 4-6 Chinese Leaves
- ¼ tsp Salt
- ½ jar Yau's Hoi Sin Sauce
- 1 Tbsp Vegetable Oil
- ½ Spring onion (for garnish)

Top Tip

Leave your duck to marinate in the fridge overnight for best results

PREPARATION

1. Score the duck breasts diagonally across the skin.
2. Marinate the duck with 2 tbsp Yau's Hoi Sin Sauce and ¼ tsp salt for at least 30 mins
3. Blanch the Chinese leaves for 2 minutes.

COOKING

1. Heat a pan on a low / medium heat with oil.
2. Slowly pan fry the duck breasts on both sides until just cooked and leave to rest.
3. Slice duck breast at an angle into roughly 5mm slices and serve with the blanched chinese leaves
4. Drizzle a little more sauce over and set the rest aside for dipping.
5. Sprinkle with finely sliced spring onion.

Behind Yau's...

Phillip and Bonnie Yau created their business in 2012 to address the growing demand for natural, free-from prepared oriental sauces.

As the market became more aware of what they were putting in their bodies, the Yau's created a range that was suitable for everyone, as well as being equally delicious.

