

## **Duck breast with chilli egg noodles + soy and sesame dressing.**

Serves x2

You will need;

2 x Duck breasts, prepare by removing any excess fat and scoring the skin in a criss cross motion, rub chilli flakes, salt and pepper all over the breasts.

2 x handfuls of cooked egg noodles.

5 x Spring onions washed and sliced.

2 x Medium size green chillies- deseeded and finely sliced.

In one bowl add,

3 x Tablespoons of honey.

3 x Tablespoons of soy sauce.

1 x Tablespoon of sesame seeds

1 inch of peeled ginger finely grated.

1 x Lime, zest and juice.

Now to cook...

Heat a frying pan and add the duck skin side down on a medium heat and allow the fat to crispen for a few minutes before flipping over until springy to the touch. Remove onto a plate and allow to rest for now.

Tip any excess fat from the pan and add the soy and honey mix and allow to reduce on a low heat.

In a separate pan heat and add a small glug of oil, fry the the chilli and spring onions quickly before adding the cooked noodles, heat through and season with salt, pepper and chilli flakes.

To serve, place the noodles on the plate, slice the duck breast and lay over the noodles, take the sauce and drizzle over the duck. You can add some raw spring onion tops sliced and a lime cheek that can be caramelised with a blow torch or just a dry hot pan.