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DUCK WITH A SOY & HONEY GLAZE AND AN ASIAN-INSPIRED SLAW

with Louisa's ginger honey

INGREDIENTS

- 2 x Gressingham duck breast
- 1 tbsp Louisa's ginger honey
- 5 tbsp soy sauce

for the slaw:

- 1 lime
- 1/4 white cabbage, finely sliced into strips
- 1/2 carrot sliced julienne
- 1/2 red onion sliced finely
- handful fresh coriander, chopped
- 2 tspn smooth peanut butter
- 2 tbsp soy sauce
- 2 tbsp Louisa's ginger honey



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HONEY

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a recipe by
**JAMES
SKELTON**



METHOD

- ⬡ Pre-heat oven to 180degrees / gas mark 6.
- ⬡ Score and season the skin of the duck.
- ⬡ Add the duck to a cold pan skin-side down and cook on a medium heat, crisping up the skin until golden colour.
- ⬡ Turn the duck over and briefly colour the other side.
- ⬡ Add the duck to the oven for 3 mins, turning halfway through.
- ⬡ Remove and rest for 5 mins.
- ⬡ Add all your chopped veg to a bowl then add the peanut butter, [Louisa's ginger honey](#), soy and squeeze in the lime juice. Give a good mix to combine then add the fresh coriander.
- ⬡ Slice your duck, spoon over the glaze and serve alongside the slaw.
- ⬡ Option to add noodles for a heartier portion.

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