

INGREDIENTS:

Meat from 4 duck legs

2 tablespoons sunflower oil

1 bunch spring onions, sliced diagonally

2 garlic cloves and a two-inch piece of peeled fresh ginger, grated together

3 medium carrots and two medium courgettes cut into strips using a vegetable peeler

2 heads pak choi, finely chopped

2 blocks medium egg noodles

2 tablespoons each rice wine (or dry sherry), light soy sauce and orange juice

Sea salt & freshly-ground black pepper

TIME: 20 mins**SERVING:** 4 people

Bring a pan of salted water to the boil, drop in the crumbled noodles, turn off the heat and leave to stand. Finely chop the duck meat and season well. Heat some oil in a wok or deep frying pan and fry the meat a little at a time until browned and crisp. Remove and allow to drain on kitchen paper. Wipe out the pan, heat the remaining oil and briskly fry the onions, garlic and ginger. Gradually add the carrots, courgettes and pak choi and stir until just cooked through. Add the duck meat, the well-drained noodles, the rice wine, soy sauce and orange juice, stir well to combine and serve immediately.

Enjoy! Malcolm & Julie Pyne

YOUR NOTES: