

Lychee, cucumber & duck noodle salad



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Preparation 30 mins | Cooking 10 mins | Serves 4

- 300g pkt Peking Roast Duck Breast*
- 450g fresh thin hokkien noodles
- 12 (about 350g) lychees, peeled and deseeded
- 1 long red chilli, deseeded and thinly sliced
- 2 green onions (shallots), trimmed and thinly sliced
- 1 cup coriander leaves
- 1 Lebanese cucumber, cut into matchsticks
- 50g baby Asian salad greens

Hoi sin dressing

- 1 tbs light soy sauce
- 2 tbs hoi sin sauce
- 2 tsp caster sugar
- 3-4 drops of sesame oil (to taste)

* *Luv-A-Duck Peking roast duck breast is available in the fridge at large supermarkets - if preferred use the flesh of half a barbecued chicken.*

STEP 1 Cook duck following packet directions. Set aside for 10 minutes to cool in pan juices. Meanwhile, place noodles in a heatproof bowl. Cover with boiling water and stand for 2-3 minutes until tender. Separate noodles and drain. Set aside.

STEP 2 Combine lychees, chilli, green onions, coriander, cucumber and salad greens in large bowl. To make dressing, combine 2 tbs duck pan juices and dressing ingredients in a screw top jar. Shake until well combined.

STEP 3 To serve, slice duck. Arrange noodles, duck and lychee salad in serving bowls. Drizzle with dressing and serve.

Good for you... LYCHEES

Lychees are high in vitamin C. Ten lychees will provide you with your daily vitamin C needs. Lychees also contain some dietary fibre. Lychees provide natural carbohydrate that has a low glycaemic index (GI) - a help for those with diabetes.

