

Salt and Pepper Duck Stir Fry

This classic Chinese stir fry dish combines crispy seared duck with a unique blend of salt and pepper spices for a flavorful and healthy main course.



Main Dish

Chinese

25 min

Total time

Easy

Difficulty

330

kcal / serving

Ingredients

- 4 oz. duck breast
- 1/4 cup vegetable oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon sugar
- 2 cloves garlic, minced
- 1 teaspoon ginger, minced
- 1/2 cup diced bell pepper
- 1/2 cup diced onion
- 1 teaspoon sesame oil
- 2 tablespoons soy sauce

Steps

- 1 Heat a large skillet to medium-high heat and once it is hot, add the oil.
- 2 Rinse the duck breast, pat it dry and coat it with salt, pepper and sugar. Place the duck in the hot skillet and cook on each side until it is golden brown and crisp, about 2 minutes per side.
- 3 Transfer the duck to a plate. Add the garlic, ginger, bell pepper, and onion to the skillet and cook for 4 minutes, stirring occasionally.
- 4 Slice the duck breast into strips and return it to the skillet. Stir in the sesame oil and soy sauce.
- 5 Serve over steamed rice and enjoy!