



Five-spice duck

From Phase 2

Serves 1

Ingredients:

- 150 g (5 oz) of duck breast meat (inner part)
- Chinese five-spice powder
- Soy sauce
- 1 pinch powdered garlic

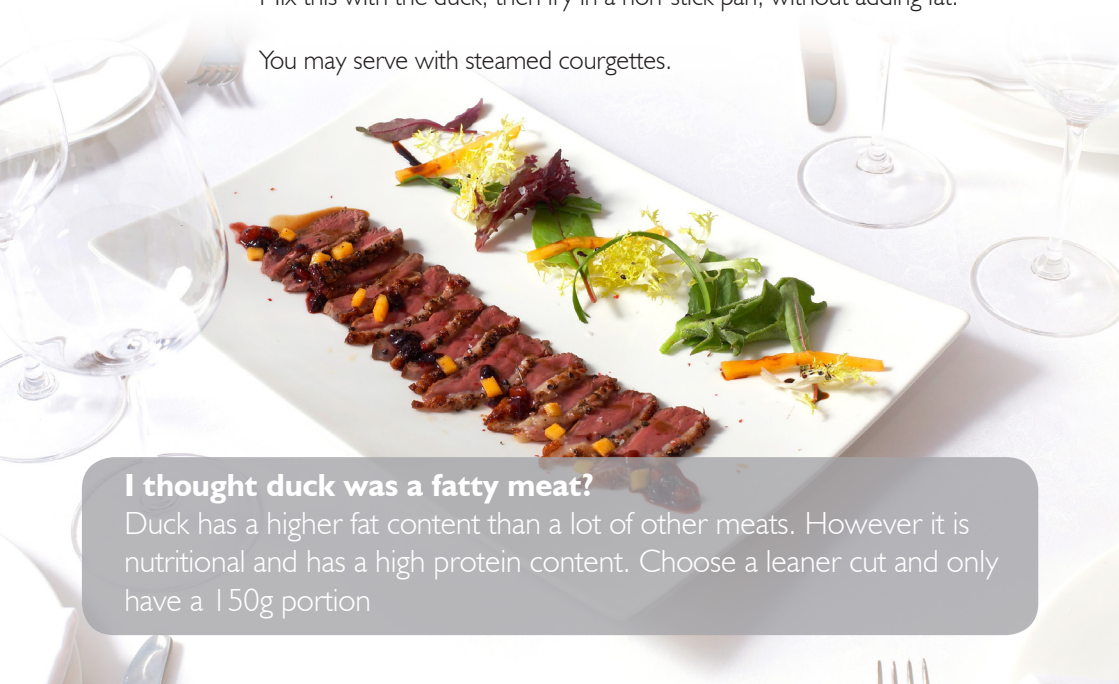
Preparation:

Dice the duck breast meat.

Mix some five-spice powder, a few drops of soy sauce and the powdered garlic.

Mix this with the duck, then fry in a non-stick pan, without adding fat.

You may serve with steamed courgettes.



I thought duck was a fatty meat?

Duck has a higher fat content than a lot of other meats. However it is nutritional and has a high protein content. Choose a leaner cut and only have a 150g portion