

Duck & pumpkin laksa

SERVES - 4

NUTRITION PER SERVING

Fat: 35 g

Carbs: 35 g / Fiber: 12 g (Net Carbs: 23 g)

Protein: 26 g

INGREDIENTS

- 2 duck breasts
- 1 t Chinese five spice
- 1 T coconut oil
- thumb of fresh ginger
- 1 red onion
- 2 celery stalks
- 100 g mushrooms
- 600g pumpkin, butternut or onion squash
- 200g fine green beans
- 120 g bamboo shoots
- 2 courgettes
- 2 T (50 g) Thai red curry paste
- 2 T fish sauce (optional)
- 400 ml coconut milk
- 20 g Thai basil or coriander (chopped)
- 2 t chilli flakes

Warming spices, sweet pumpkin and coconut milk make this a deliciously warming, comforting and indulgent dish. Duck is a rich source of B vitamins, selenium and healthy essential omega-3 fatty acids. It's a wonderful protein choice for autumn and winter. We are adding another fabulous autumn ingredient - pumpkin. Pumpkin and squash are packed with antioxidant beta carotene, which converts to vitamin A and is great for eye health, heart health and healthy skin and hair.

METHOD

1. Preheat the oven to 180°C / 350 F.
2. If using butternut, remove skin with a vegetable peeler. For softer squash or pumpkin you can leave the skin on. Chop pumpkin into cubes.
3. Rub pumpkin with coconut oil and spread out on a baking tray and roast for 40-60 mins.
4. Remove duck breasts from fridge and allow to come to room temperature.
5. Pat dry with kitchen paper, score fat layer with a knife and rub with Chinese 5 spice.
6. Heat coconut oil in a large pan.
7. Chop onions, celery stalks and mushrooms and fry till coloured.
8. Remove skin from ginger with a spoon and chop into matchsticks. Add to the pan.
9. Add red Thai curry paste and cook for 5 mins.
10. Add coconut milk, fish sauce, green beans, bean sprouts and cook for 10-15 mins.
11. Spiralise courgette and add to the pan to wilt. Adding a lid will help this along.
12. Add roast pumpkin and holy basil to the pot.
13. Heat a dry skillet and add the duck breasts skin side down. Cook for 5 mins, so the fat becomes golden brown.
14. Transfer duck breasts to a roasting tray skin side up and roast for 15 mins.
15. Allow to rest on a chopping board for 5-10 mins, before slicing.
16. Serve pumpkin laksa in deep bowls.
17. Add sliced duck breast and a sprinkle of chilli flakes and serve.