

Duck Legs with Creamy Noodles



Garth McColgan

“Delicious duck, swimming in flavour”

“If you’re fond of the fusion of flavours that Oriental cooking possesses, you’ll love this truly exquisite dish. Your taste buds will be dancing a tango when they’re met with an exotic blend of orange zest, teriyaki, ginger, cream and much, much more. But most uplifting of all is the price – thanks to Aldi, two can dine on duck without diving too deep into your pocket!”

Garth McColgan



Splash of Chinese...

...luscious leg of duck with noodles,
bathed in rich, orange sauce

Perfect with...

Tierra del Sol Reserva Merlot

Intense in flavour, the grapes in the Curico Valley benefiting from foggy mornings, warm afternoons and chilly nights, this is a red distinction, medium bodied and filled with hints of cherry, plum and cranberry. ABV 14%.

€9.99

75cl,
€9.99 per 75cl

Great
value

Serving suggestion © Copyright Aldi Stores Ltd 2009



Garth McCollgan

Duck Legs with Creamy Noodles

Serves 2

Ingredients

1 pack Duck Legs with Plum and Sweet Chilli Sauce
125g Chinese Medium Noodles, cooked and cooled under water
100ml Cream
4tbs Teriyaki Sauce
1 Orange, segmented (keep the juice)
plus zest of 1/2

70g Mangetout, thinly sliced
1 Carrot, peeled and thinly sliced into batons
1 Onion, thinly sliced
75g Ginger, thinly sliced into batons
1 pack Coriander, roughly chopped

Method

1. Cook the duck legs, according to the pack instructions.
2. Put the cream, teriyaki sauce (or soy sauce if you don't have it) and orange juice in a pan and boil until thick (should take about 2 minutes).
3. Put all the vegetables in a bowl with 50ml water and cover with cling-film. Microwave on full power for 2 minutes. Strain.
4. Add the orange zest to the cream mixture.
5. Cook the noodles in boiling water as per pack instructions, then rinse under cold water (to stop them sticking together).
6. Pop the noodles into the cream mixture and add the vegetables. Toss to combine and put on a plate.
7. Top noodles with the duck legs and scatter the orange and coriander around.
8. Pour over the sauce from the duck and finish with a splash of teriyaki (or soy) sauce.

Garth's Tips

"You might think it's a bit odd to rinse your just-cooked noodles under cold water. But the reasoning's simple: the cold water shifts excess starch, which sticks the noodles together in unsightly clumps. And don't worry - when you smother them in hot sauce, they soon warm up again."



“Delicious duck, for a price that’s quackers!”

“When you think about the sensational flavours in this week’s Oriental delight – plum, chilli, ginger, teriyaki, orange, cream and tender, sweet duck – you’d imagine it would cost a fortune to make. But you’d be wrong – you can get the lot in your local Aldi for a smidgeon of the price of a Chinese takeaway!”

Duck Legs with Creamy Noodles



Garth McColegan



Duck Legs
€3.99
EACH
 450g, €8.87 per kg



Fresh Irish Cream
€1.19
EACH
 250ml, €4.76 per litre



Teriyaki Marinade
€1.49
EACH
 250ml, €5.96 per litre



Chinese Medium Noodles
89c
PER PACK
 250g, €3.56 per kg



Oranges
€1.79
EACH
 7 pack, 25c each



Carrots
99c
PER KG
 1kg, 99c per kg

Fresh Ginger
89c
EACH
 150g, €5.93 per kg



Onions
69c
PER KG
 1kg, 69c per kg



Fresh Coriander
€1.19
EACH
 25g, €47.60 per kg



Mangetout
€1.39
PER PACK
 €1.39 per pack

*Fresh produce prices can vary. Offers available for a limited time only, subject to availability.