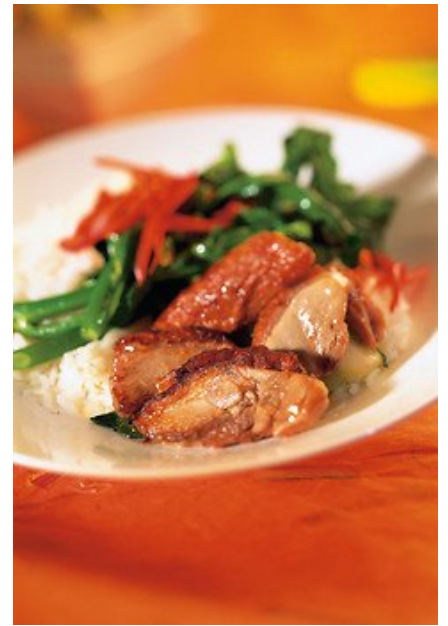


# Recipe of the Week!

## Roast Half Duck

### Chinese Style

1 Luv A duck Chinese Style  
Roast Half Duck  
1 head of Broccoli or Chinese Broccoli  
1 clove garlic  
1/2 red capsicum  
Plum sauce



Chop Chinese Style Roast Half Duck into pieces place on an oven tray and heat in a hot oven for about 15 - 20 mins.

In a pot of boiling water add some Broccoli or Chinese Broccoli and cook until just tender, drain well.

Heat a fry pan or wok & add a tsp of sesame oil, a chopped clove of garlic and half a shredded red capsicum.

Toss in the broccoli and stir once or twice.

Add some plum sauce and stir gently

Serve the vegetables with the chopped duck on top.

Serve with some steamed rice

*Chinese Style Roast Half Duck is Idea for Chinese Peking duck pancakes with Hoisin sauce and spring onions.*