

Crispy Chinese Duck Breast

Yield: 6 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/roasted-duck-breast-recipe-chinese>

Ingredients:

- 4 pieces duck breast 12 ounces / 340 grams per piece
- 1/2 teaspoon salt
- 1/4 cup hoisin sauce
- 1/4 cup Shaoxing wine or dry sherry
- 1/2 teaspoon five spice powder
- 1 ginger thumb, sliced
- 4 cloves garlic coarsely chopped
- 1/4 cup plum sauce
- 1 sweet potato spiralized to noodles or cut to thin slices with a julienne peeler
- 2 zucchini spiralized to noodles or cut to thin slices with a julienne peeler
- 1/4 teaspoon salt
- 1/4 cup sweet bean sauce or hoisin sauce
- 1 cucumber sliced to strips
- 2 green onion sliced to strips
- 16 pancakes homemade Beijing duck, or store-bought pancakes

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 65 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 9 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1200 milligrams
9. Sugar: 10 grams

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