



Duck Stir-Fry

Recipe adapted from Maple Leaf Farms. For more information, visit MapleLeafFarms.com.

Ingredients

3 Tbsp vegetable oil
2 tsp ginger root, minced
2 tsp garlic, minced
¼ tsp dried crushed red pepper flakes
1 cup each red and green bell peppers, 1" dice
¾ cup celery, chopped
2 cups duck meat*, cut into bite-size pieces
1 cup carrots, ½" slice
¾ cup onion wedges, ¼" separated
½ cup whole baby sweet corn, drained, cut in half lengthwise
½ cup prepared stir-fry sauce
3-4 cups cooked white rice
2 tsp sesame seeds, toasted
*Note: Maple Leaf Farms Roast Half Duck, Duck Confit or Rotisserie Breasts can be used for the cooked duck meat.

Instructions

Set EGG for indirect cooking at 550°F/288°C.

Heat oil in Stir Fry & Paella Pan on EGG. Add ginger, garlic and dried peppers. Stir-fry about ½ minute. Add carrots, peppers and celery. Stir-fry about 3 minutes.

Add duck meat, onions, corn and sauce. Stir-fry about 2 minutes or until duck is heated.

Serve over cooked rice. Garnish with toasted sesame seeds.

Makes 4 servings