KIKKOMAN

Teriyaki duck ramen

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
2,292 kJ / 548 kcal

Fat: **28.2 g** Protein: **31.9 g**
Carbohydrates: **39.9 g**

INGREDIENTS

2 portion(s)

250 g	duck breast fillet
1	cm of ginger
1 tbsp	Kikkoman Toasted Sesame Oil
1.5 tbsp	Kikkoman Teriyaki Marinade
200 g	green beans
100 g	ramen noodles (alternative: e.g. linguine or spaghetti)
3.5 tbsp	Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour
540 ml	Water
80 g	fresh alfalfa sprouts

PREPARATION

Step 1

Fry the duck breast with the chopped ginger in the heated sesame oil for 3-5 minutes on each side, remove, brush with the teriyaki marinade and cook in the preheated oven at 200°C for 15-20 minutes.

Step 2

Cook the beans in boiling water for about 10 minutes. Prepare the noodles according to package instructions.

Step 3

Bring approx. 540 ml water to the boil in a pan, mix with the Ramen Soup Base and divide into 2 bowls.

Step 4

Add the cooked noodles. Slice the duck breast, arrange on top with the beans and sprouts and serve.