



ASIAN DUCK BREAST SALAD WITH GREEN TEA DRESSING



FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 2

Cooking: 30 minutes

INGREDIENTS

100ml mirin
50ml rice wine vinegar
1 tblsp soy sauce
5g green tea leaves
1 tsp black sesame seeds
2 Luv-a-Duck Ready Roasted Peking Duck Breasts, skin on
200g carrots
2 tblsp olive oil
70g bean sprouts
1 lebanese cucumber, sliced
2 heads of baby bok choy, cut in quarters

METHOD

1. Pre-heat oven to 180°C.
2. Peel carrots and cut into wedges, toss in olive oil and place onto a lined baking tray. Remove duck from pack and place on the tray, skin side up, with the carrots. Bake for 15 minutes.
3. For the dressing, bring rice wine vinegar and mirin to the boil. Add green tea and take off the heat. Once the dressing is cool, strain then add soy.
4. Quickly blanch the bok choy and place in a mixing bowl with the roasted carrots, cucumber, bean sprouts and duck. Add the dressing and finish with black sesame seeds before serving.