

# DUCK BREAST, RED CABBAGE AND CORN CHIP SALAD

#### FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

**Difficulty:** Easy **Serves:** 4

Cooking: 20 mins



## **INGREDIENTS**

2 Luv-a-Duck Fresh Duck Breasts1 tsp coriander powder1 Tblsp olive oil

½ red cabbage, shredded
2 cups baby spinach leaves
¾ cup black beans
½ bunch spring onions
3 sprigs of coriander, leaves
picked
2 big handfuls of plain corn
chips, broken up slightly

#### **Chipotle Dressing**

2 tblsp chipotle in adobe sauce\*
½ cup of whole egg mayonnaise
1 lime, zest and juice
¼ cup olive oil
Salt and pepper

\* If you cannot find chipotle in adobe sauce, substitute with 1 tblsp of smoked paprika.

### **METHOD**

- 1. Remove the fresh duck breast out of the fridge 15 minutes before cooking and pre heat the oven to 190°C.
- 2. Score the duck skin and season with salt and pepper. Heat a pan until you can feel moderate heat and place the duck, skin side down into the pan for 5 minutes until golden. Turn the duck breast over and cook for 2 minutes. Place the duck in a roasting tray and cook in the oven for 8 minutes. Remove the duck and let this rest for at leaast 5 minutes before slicing into it.
- 3. Whisk together the dressing ingredients. Add a little warm water to the dressing if required.
- 4. Toss together the cabbage, spinach, beans, spring onions, coriander and duck with ¾ of the dressing. Add the chips and finish with remaining sauce.