



GLAZED PINEAPPLE DUCK WITH FRESH SLAW

Difficulty: Easy

Serves: 2

Prep: 10

Cooking: 20



INGREDIENTS

125g tin pineapple chunks in juice
2 Tbsp. maple syrup
2 tsp. dijon mustard
380g Luv-A-Duck Duck Breast
¼ White cabbage, finely shredded
1 Lebanese cucumber, finely sliced
½ Red cabbage, finely shredded
100g bean sprouts
¼ cup coriander

METHOD

1. Remove the duck from the fridge 30 minutes before cooking to bring it to room temperature. Pat down the skin with a paper towel and generously salt the skin.
2. To prepare the slaw, combine the white cabbage, red cabbage, cucumber, bean sprouts and coriander in a large bowl.
3. Combine the juice from the pineapple, maple syrup and Dijon mustard in a small bowl.
4. Place the duck skin-side down on a cold cast iron pan and then turn to medium heat to allow for the fat to render. Leave on heat for 5 minutes, and then turn the duck breast skin-side up. Add the juice and pineapple chunks to the pan to coat the duck. After 5 minutes, remove the duck and rest. Pour the pineapple juice into the pan and heat until it is reduced to a sticky glaze. The pineapple chunks should also caramelize slightly.
5. Slice the duck and top with pineapple chunks and glaze and serve with the slaw.

CHEF'S TIPS

Recipe by Shelley Judge