

SPICED BBQ STYLE DUCK BREAST

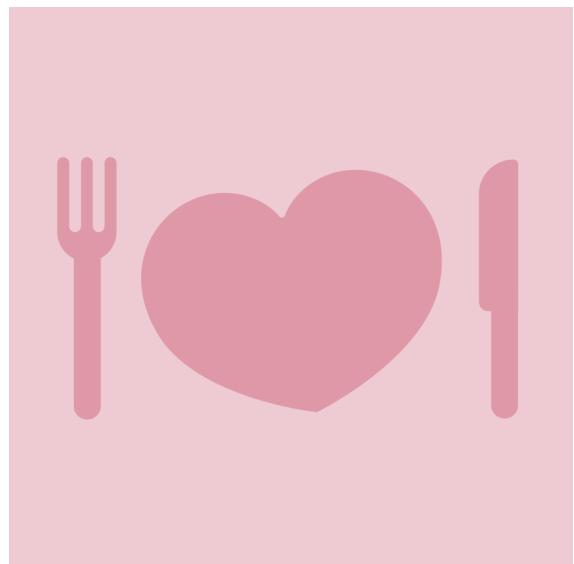
When cooking the duck breast, be careful not to let too much of the fat drip onto the coals as the flames will flare up.

Difficulty: Easy

Serves: 4

Prep: 15 minutes

Cooking: 20 minutes



INGREDIENTS

4 Luv-A-Duck breasts
1 tbsp ras el hanout (Middle Eastern spice blend), to sprinkle
200g natural yoghurt
1 clove garlic
1 lemon, zest and juice
Salt and freshly ground pepper
8 mint leaves, torn
200g broccoli, cooked and cooled
1 cup green beans, cooked and cooled
1 corncob, with leaves

METHOD

1. Using a sharp knife, trim the fat and score the skin evenly about four or five times.
2. Heat the flat plate of the BBQ.
3. Sprinkle the duck breasts with the Ras el Hanout and a little salt and rub into the flesh.
4. When the plate is hot, place the breasts skin side down and cook for 3 – 4 minutes until the skin begins to brown.
5. Turn over and cook for 10 – 12 minutes, depending on the size, until the meat is cooked to your liking. Turn over and crisp the skin for a further minute.
6. Wet the leaves of the corn, and place onto the BBQ and cook through.
7. When cool enough to handle, remove outer leaves and cut corn into rings.
8. Allow the duck breasts to rest for a few minutes before slicing and serving.

Salad

For the dressing:

1. Mix the yoghurt, garlic, mint leaves and lemon together and set aside.
2. In a bowl combine the broccoli, corn and beans.
3. Season to taste and place onto a serving platter.
4. Arrange the sliced duck on top.
5. Drizzle with the yoghurt dressing and garnish with fresh herbs.

CHEF'S TIPS

By wetting the leaves of the corn it will prevent it from burning.