



BBQ DUCK BREAST WITH MANGO SUMMER SALSA

CRISPY SKIN, JUICY DUCK BREAST SERVED WITH MANGO SUMMER SALSA

Celebrate summer fruits with this super simple duck and salsa dish, whipped up in mere minutes.

Difficulty: Easy

Serves: 4

Prep: 10 mins

Cooking: 10 mins



INGREDIENTS

1. 4 x Luv-a-Duck Duck Breast, skin on
2. Extra virgin olive oil
3. 1 ripe mango fresh, diced
4. 1 ripe avocado, diced
5. 1/2 red onion, finely diced
6. 1/3 cup fresh coriander (or parsley)
7. 1 red chilli, deseeded and finely chopped
8. Juice of 1 lime
9. Sea salt

METHOD

1. Use a sharp knife to score duck skin diagonally. Drizzle with olive oil and season with sea salt.
2. Heat a grill pan or BBQ plate, lightly greased with olive oil.
3. Once hot, add duck skin side down for 3-4 minutes or until skin turns golden. Turn and cook for 10-12 mins or until duck breast is cooked to liking. Turn once more to crisp skin. Rest for 2-3 minutes before slicing
4. Make your mango salsa. In a mixing bowl, gently toss mango, avocado, onion, coriander and chilli. Squeeze of lime juice and sea salt, stir through.
5. Serve mango salsa topped with sliced duck breast. Season with sea salt.

Recipe notes: To keep this recipe seasonal, change the mango with a sweet seasonal fruit of choice such as kiwi, pawpaw, peach or lychee.

Recipe by nutritionist Casey-Lee Lyons [livelovenourishaus](http://livelovenourishaus.com)