



BBQ SWEET CHILLI DUCK BREAST

Difficulty: Easy
Serves: 4
Prep: 5 minutes
Cooking: 15 minutes



INGREDIENTS

2 x 380g pack Luv-a-Duck Fresh Duck Breasts

Marinade

½ cup sweet chilli sauce
½ cup soy sauce
1 lime, zested & juiced
1 fresh red sweet chilli 7-8cm, thinly sliced

To Serve

Grilled vegetables
Lime wedges
Sliced fresh chilli to garnish

METHOD

1. Pre-heat BBQ on medium high or griddle plate 3-4 mins.
2. Score the Breast skin 4-5 times lightly with a sharp knife. Season with salt and pepper.
3. Combine the sweet chilli sauce, soy sauce, lime zest & juice together in a large bowl.
4. Marinate the duck breasts skin side up in the marinade for up to 24 hrs, refrigerated and covered.
5. BBQ the duck breast skin side down on the flat plate 2-3 mins until skin is crispy.
6. Turn duck breast and place on the grill on a medium heat for 5-6 mins taking care not to burn the duck.
7. Baste duck liberally with marinade and glaze. Remove from grill and set aside to rest for at least 5 mins.
8. Serve sweet chilli duck breast, sliced thinly with grilled vegetables, a wedge of lime and a little sweet chilli glaze and sliced fresh chilli.

CHEF'S TIPS

To prevent burning allow marinade to drain off prior to barbecuing. Try adding ½ cup of mango or apricot puree to this marinade for a delicious difference.