



# 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 Breasts  
1 tsp coriander powder  
1 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 least 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.