



# DUCK BREASTS ON MINTED PEAS

If you are looking for a quick and easy dinner recipe that will be sure to impress then you must try this incredibly easy and incredibly tasty Chargrilled Duck on minted pea mash and served with a crunchy Summer salad. Perfect for a mid week dinner or a Summer weekend lunch.

**Difficulty:** Easy

**Serves:** 2

**Prep:** 10 mins

**Cooking:** 15 mins



## INGREDIENTS

### Duck & peas

1. 1 x pack of Luvaduck duck breasts
2. 1 x cup of frozen peas
3. Pinch of Rosemary (or use Thyme)
4. 1/4 cup of avocado
5. Juice of 1/2 a lemon
6. 1/2 cup of fresh mint

### Crunchy Salad

1. 1 x cup of sliced iceberg lettuce
2. 1 x cup of sliced red cabbage
3. 1/4 cup of sliced fennel
4. 1/4 cup of finely sliced carrot
5. 1/4 cup of finely sliced (longways) spring onion
6. 1/4 cup of roughly chopped parsley
7. 1/4 cup of finely sliced celery (longways)
8. 1 tsp of dijon mustard
9. 1/4 cup of finely chopped red capsicum
10. Juice of 1/2 a lemon
11. Handful of roughly chopped fresh mint
12. 1 x tablespoon of olive oil

## METHOD

1. To make the crunchy salad simply finely chop all the salad ingredients and add into a large bowl. For the spring onions – once you have sliced them add them to iced water for half an hour so they fan out and look a bit more fancy. Once all the ingredients are added, make your salad dressing by mixing the olive oil, the juice of half a lemon, the dijon mustard and some chopped mint in a bowl then drizzle over your crunchy salad.
2. To cook the duck, get a griddle pan so that you end up with the scorched chargrilled lines on the duck. Put the duck skin side down in the cold griddle pan. Don't heat the pan up first as if you start off with a cold pan and gently heat it up, it helps to render the fat. Sprinkle some rosemary or thyme on the duck at this point. Cook the duck for 8-10 minutes on the skin side down then turn and cook for a further 4-5 minutes on the other side.
3. Once cooked let it rest for approximately 10 minutes.
4. Whilst the duck is resting you can make your pea mash.
5. For take your frozen peas and heat them in the microwave for 2 minutes. Next add your peas to a bowl. Next add the avocado, the juice of half a lemon and mint and blitz up with a hand blender.
6. To assemble, spread the pea mash onto a plate and then slice the duck into slices and place onto of the peas. Serve with the crunchy salad and enjoy!

Recipe by Rhian Allen (@rhianbusyallen): <http://www.rhianallen.com>