



DUCK BREASTS WITH CAYENNE PEPPER, WHIPPED TOFU AND MELON

Difficulty: Easy

Serves: 2

Prep: 10 mins

Cooking: 15 mins



INGREDIENTS

- Fresh duck breast
- 250g melon, 2cm cubes
- 5g mint leaves
- 5g shallots/scallions, finely sliced

Dressing

- 250g fine tofu
- 1 tablespoon sesame oil
- 1 large lemon, zest
- ¼ teaspoon cayenne pepper, half if you don't want it too spicy.
- salt to taste

METHOD

1. Pat dry your duck and lightly score the skin in 1cm cubes. Season well and massage it into the skin. Place in a cold frying pan on low to medium.
2. Cook for 10 minutes on the skin side, don't flip. Coat duck breast with excess fat and flip over, cook for another 5 minutes. Rest for 10 minutes.
3. To make the whipped tofu, in a blender add tofu, sesame oil, lemon zest, cayenne pepper. Add half then taste to add the remaining cayenne pepper.
4. On a serving plate spread whipped tofu on the base with the back of a spoon. Add melon cubes on top then slice duck breasts and lay on top.
5. Sprinkle mint, shallots and sesame seeds. Serve.

Recipe by Amanda Cordony (@thecordonykitchen):
<https://www.thecordonykitchen.com/>