



THAI DUCK SALAD

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 25 minutes



INGREDIENTS

2 Luv-a-Duck duck breasts, skin on, scored
2 Lebanese cucumber, halved, sliced on the diagonal
150gm snow peas, trimmed, thinly sliced
200gm cherry tomatoes, halved
1 cup bean sprouts
1 long red chilli, deseeded, finely sliced
½ cup Thai basil leaves
½ cup coriander leaves

Dressing

1/2 cup coconut milk
3 tbsp lime juice
1 tbsp brown sugar
1-2 tsp Thai red curry paste (to your taste)
1/2 tsp fish sauce

Fried Asian shallots and lime wedges, to serve

METHOD

1. Pre-heat oven to 180°C (160° fan-forced).
2. Heat a large non-stick pan over medium-low heat and place the duck, skin-side down, into the pan. Start the cooking process on a low heat and gradually bring the heat up to medium high. Your aim is to render the fat and form a crispy golden skin. Cook for 6 minutes skin side down then turn over. Cook for a further 6-8 minutes in the oven. Transfer to a plate and rest for 5 minutes. Thinly slice duck.
3. Meanwhile, in a large bowl place the cucumber, snow peas, cherry tomatoes, bean sprouts, chilli, and herbs. To make the dressing, place all ingredients in a screw top jar and shake well to combine. Drizzle salad with half the dressing and toss to coat.
4. Top salad with sliced duck, drizzle with remaining dressing and garnish with fried shallots and lime wedges, to serve.