



LEMONGRASS DUCK BREASTS WITH PEANUT SATAY SAUSE & WOMBOK SALAD

Difficulty: Easy

Serves: 2

Prep: 15 mins

Cooking: 40 mins



INGREDIENTS

Lemongrass Duck:

- 2 Fresh Duck Breasts
- 1 garlic clove, minced
- 1 tbsp finely chopped lemongrass
- 1 tbsp tamari soy sauce
- 1 tsp fish sauce

Satay Sauce:

- 1/3 cup natural peanut butter
- 2 tbsp tamari soy sauce
- 1 tbsp honey
- 1 tsp curry powder
- Juice of 1/2 lime
- 400ml canned coconut milk

Wombok Salad:

- 1 baby wombok (Chinese cabbage), finely shredded
- 2 carrots, julienned
- 3 spring onions, finely sliced

Dressing:

- 2 tbsp extra virgin olive oil
- 2 tsp tamari sauce
- 1 tsp sesame oil
- Juice of 1/2 lime

Garnish:

- Roasted peanuts
- Spring onion, finely sliced
- Fresh chilli (optional)

METHOD

1. In a deep saucepan add satay sauce ingredients, whisk and stir regularly to combine over low heat. Once combined and thickened to liking set aside.
2. In a glass bowl whisk together garlic, lemongrass, tamari and fish sauce. Add duck breast and coat both sides. Allow to stand in marinade flesh side down for 20 minutes whilst preparing salad.
3. In a large bowl toss wombok, carrots and spring onion. Whisk together dressing ingredients and drizzle over salad. Toss to coat. Set aside.
4. Cook duck breast skin side down on an oiled pan over medium heat. Once skin is golden and starting to crisp after approx. 5 minutes, turn and cook other side for approx. 10-12 minutes or until cooked to liking. Turn once more to crisp skin. Rest for 3-4 minutes and slice.
5. Serve wombok salad topped with duck breast and pour over satay sauce. Finish with peanuts, spring onion and chilli.

Recipe by nutritionist Casey-Lee Lyons [livelovenourishaus](#)