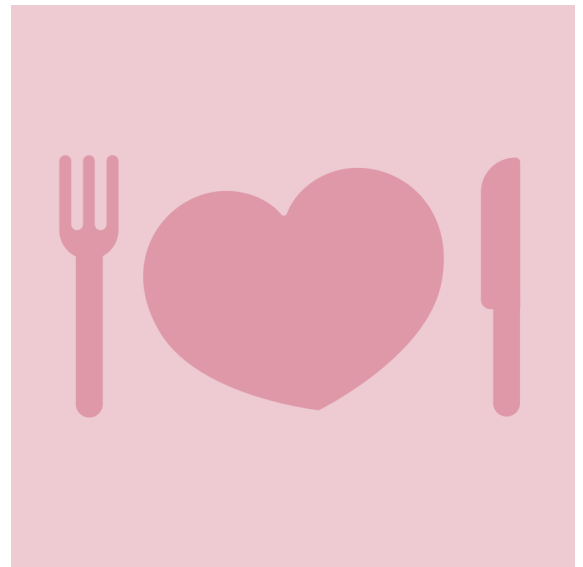




MAURITIAN SPICED DUCK BREAST

Difficulty: Easy
Serves: 4
Prep: 5 minutes
Cooking: 15 minutes



INGREDIENTS

2 Luv-A-Duck breasts
1 tablespoon of Mauritian spice mix
1/2 tablespoon Murray River Salt

METHOD

1. Using a sharp knife, trim the fat and score the skin 4 times with each duck breast.
2. Combine the Mauritian spice mix and the salt in a bowl and mix well together and sprinkle over the breasts.
3. Heat a pan until you can feel moderate heat and place the duck, skin side down into the pan for 3-5 minutes until golden and be careful not to burn the spices. 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.
4. Allow duck breasts to rest for 5 minutes before slicing and serving.