



# SLOW COOKER SWEET AND SPICY DUCK WITH STICKY PINEAPPLE SAUCE

**Difficulty:** Easy  
**Serves:** 4  
**Prep:** 10 mins  
**Cooking:** 4 hours



## INGREDIENTS

1 pack x 440g Luv-a-Duck Fresh Duck Legs  
200g pineapple, peeled and thinly  
3 Tbsp soy sauce  
2 Tsp ground all spice  
1 Tbsp sriracha  
1 cup chicken stock  
½ cup pineapple juice  
½ cup white wine  
1 Tbsp cornstarch  
200g green beans

## METHOD

1. In the slow cooker whisk together the soy sauce, ground spice, sriracha, pineapple juice, white wine and stock. Add in the duck legs and pineapple. Cook on low for 4 hours.
2. Carefully remove the duck and pineapple from the slow cooker and cook it under the grill for 5 mins to brown the skin
3. Meanwhile, transfer the liquid from the slow cooker to a saucepan and bring the to the boil. Whisk in the corn starch until there are no lumps. Reduce the heat and allow sauce to simmer for 5 mins to reduce slightly.
4. Heat the beans in the microwave for 1 min. Serve the beans with the duck legs and pour over thickened sauce.

*If you don't have a slow cooker, simply brown the duck legs in a medium heat pan for 3-4 mins, then use a deep baking tray and cook in the oven for 2 hours at 150°C.*