



STICKY BBQ DUCK

Difficulty: Easy

Serves: 6

Prep: 10 mins

Cooking: 1 hour 20 mins



INGREDIENTS

Luv A Duck Semi- Boneless
Whole Duck
1 Tsp Chinese 5 spice powder
3 tbsp brown sugar
2 tbsp hoisin sauce
2 tbsp soy sauce
1 tbsp Chinese wine
1 tsp apple cider vinegar

1 Lebanese cucumber, thinly
sliced
1/2 iceberg lettuce, shredded
¼ cup mint Leaves
½ cup coriander leaves

METHOD

1. Heat BBQ. Grease an aluminium tray. Lay duck in tray, skin side up. Pat dry with paper towel, if you have time leave uncovered in the fridge overnight to dry out.
2. Preheat the BBQ to 180C.
3. In a bowl combine the sauce ingredients. Reserve half the sauce for dipping. Brush a thin layer of sauce over the duck. Place the Duck in the tray into the BBQ and close the lid. Baste with sauce every 15 mins, cooking for a total of 75min. Once cooked through allow to rest for 10 mins before serving.
4. To make the salad combine the lettuce, cucumber, mint and coriander.