



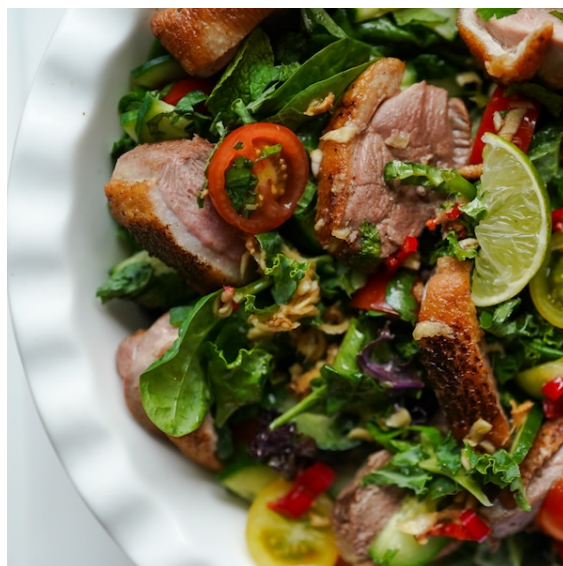
# THAI DUCK SALAD

**Difficulty:** Easy

**Serves:** 2-4

**Prep:** 15 mins

**Cooking:** 20 mins



## INGREDIENTS

### Ingredients

- ☒ 2 packets of breast filets

### Dressing

- ☒ 1/2 tsp birds eye chilli , deseeded and finely minced
- ☒ 4 garlic cloves, minced
- ☒ 1 tsp ginger, finely chopped
- ☒ 2 tbsp brown sugar
- ☒ 2.5 tbsp fish sauce
- ☒ Juice from 1/2 of a lime

### Salad

- ☒ 2 cups mixed salad leaves (i've used spinach + kale leaves)
- ☒ 1 cup cherry tomatoes
- ☒ 1 lebanese cucumber, sliced
- ☒ ☒ cup coriander leaves, chopped
- ☒ ☒ cup mint leaves, chopped

## METHOD

1. For the sauce: place the fish sauce, brown sugar, chili, garlic, ginger, lime juice, cilantro & mint into a bowl, mix together. Set aside.
2. Preheat the pan over medium heat, add a dash of olive oil.
3. Place the duck breasts skin-side down in a non-stick frying pan over a medium-high heat. As the fat is released from the duck, use a spoon to remove the excess liquid. Cook the duck breast for approximately 6 minutes (until golden and crispy) then flip and continue to cook for 4 minutes.
4. Remove duck from pan and set aside for 10 minutes to rest before slicing.
5. For the salad: place lettuce in a bowl, followed by tomatoes and cucumbers. Add 3/4 of the dressing and toss through.
6. Add sliced duck breasts to salad followed by the remaining dressing. Serve immediately!

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