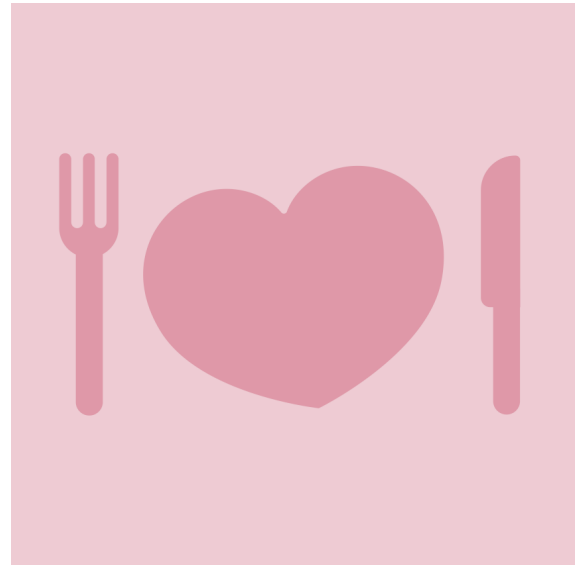




# WASABI MARINATED DUCK SALAD

**Difficulty:** Easy  
**Serves:** 4  
**Prep:** 30 minutes  
**Cooking:** 20 minutes



## INGREDIENTS

4 Luv-a-Duck breast fillets  
1/3 cup light soy sauce  
1/3 cup rice wine vinegar  
2 teaspoons sesame oil  
2 teaspoons wasabi paste  
2 teaspoons freshly grated ginger  
  
150g snow peas, trimmed and cut in half  
1 bunch broccolini, trimmed and cut into three  
70g podded edamame beans  
¼ red onions, thinly sliced  
40g watercress or spinach leaves  
1 tablespoon toasted black and white sesame seeds

## METHOD

### CHEF'S TIPS

1. Score duck breasts with a sharp knife and place in a single layer, skin side up, in a shallow dish.
2. Combine soy sauce, vinegar, sesame, wasabi paste and ginger in a screw top jar and shake until well combined. Pour half of the mixture over the duck to form a marinade. Allow to stand for 30 minutes. Reserve remaining dressing in jar and set aside.
3. Pat dry the duck skin with absorbent paper. Heat a pan over moderate and place duck, skin side down, and cook for 5 minutes or until skin is golden brown. Turn over and cook for a further 2 minutes. Remove from the pan and place on a roasting tray. Roast the duck in oven for 8-10 minutes or to your liking. Rest for 5 minutes before slicing.
4. Meanwhile, bring a saucepan of water to the boil and cook peas and broccolini for 1 minute or until just cooked and still crunchy, and then drain well. Combine peas and broccolini with edamame, onion and watercress and arrange on a serving plate. Top with duck and drizzle evenly with remaining dressing. Sprinkle with sesame seeds