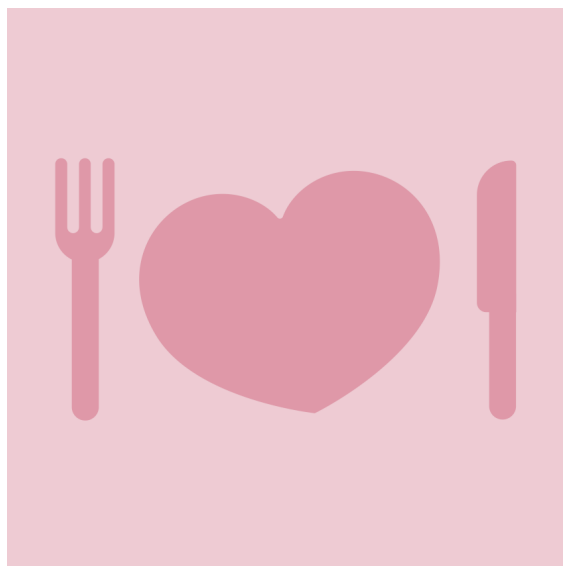




WASABI MARINATED DUCK SALAD

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