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Duck Salad with Honey, Soy and Chilli Dressing



Ingredients

A small piece of fresh ginger
A large clove of garlic
A small red chilli
30ml dark soy sauce
3 tablespoons of runny honey
1 lime
A few sprigs of fresh coriander
2 duck breasts
Salt and freshly milled black pepper
70g of mixed watercress, spinach and rocket leaves
100g baby plum tomatoes
1 medium carrot
A quarter of a cucumber
A small bunch of spring onions

Preparation

1 1. Preheat the oven to 200 degrees, 180 degrees fan oven.

2 2. First prepare the salad dressing, also used to glaze the duck. Peel and finely grate the ginger into a small bowl, then add the peeled and crushed garlic. Deseed and finely chop the red chilli and add that too. Spoon in the dark soy sauce and honey, squeeze in the juice from just a quarter of the lime, and mix everything together well. Take the leaves from the coriander stalks, chop them finely and stir into the dressing.

3 3. Put a small roasting tray into the oven to warm. Pat the duck breasts dry, trim off any fat and, with a sharp knife, score the skin diagonally 4 or 5 times, then repeat at an angle. Season well with salt and black pepper. Cook the duck breasts, skin side down, in a hot non-stick frying pan for 4 minutes to crisp the skin, then turn them over and cook for a further 3 minutes. Place them on the preheated roasting tray skin side up, then carefully spoon about a third of the dressing onto each piece of duck and roast for about 12 minutes. This will result in duck that is still pink

4 increase the cooking time if you prefer it to be well done.

5 4. While the duck is roasting, make the salad. Wash, pat dry and roughly tear the salad leaves into a large bowl with the halved tomatoes. Use a peeler to make ribbons of the carrot and cucumber and add them too. Cut the spring onions into four pieces to add, then toss it all together with your hands.

6 5. When the duck is cooked to your liking, remove it from the oven, cover with foil and leave to rest for 5-6 minutes. Divide the salad between two plates and drizzle the remaining third of the dressing over it. Serve the duck on top of the bed of dressed

salad, accompanied by wedges cut from the remaining lime.

Cooks Note

Notes:

- You can, of course, vary the salad ingredients to include your favourites; I love watercress and tend to use it whenever I can!

- For a different dressing, replace the honey with plum sauce.

- Try garnishing the dish with more fresh coriander, toasted sesame seeds or nuts, such as almonds or walnuts.

- If you want to include carbohydrates, add some cooked egg or rice noodles, either hot or cold.