

Summer Duck Salad



Serves 2

Prep 15 mins

Cooking 25 mins

Easy

Ingredients

- 2 tsp Chinese five-spice powder
- 1 duck breast, skin on and scored
- 1 tbsp olive oil
- 2 shallots finely chopped
- 4 tbsp plum sauce
- 4 tbsp soy sauce
- 4 tbsp Sherry vinegar or red wine vinegar
- 1 tsp sesame oil
- 1 little gem lettuce, quartered lengthways
- 2 medium carrots coarsely grated
- 1/2 cucumber coarsely grated or julienned or spiralised
- 1/2 ripe avocado, stoned, peeled & quartered

1. Heat the oven to 200C/Fan 180C/ Gas 6. Rub the five-spice into the duck breast on both sides and place in a medium frying pan, skin-side down. Fry the breast on a medium heat for 4 mins until the skin turns golden brown. Cook for 1 min on the other side to seal the meat, then transfer to a small baking tray and wipe out the pan. Put the duck in the oven for 10 mins (or 12-14mins if you like it cooked through)
2. Meanwhile, heat the olive oil in the pan and gently cook the shallots for about 5 mins until soft. Add the plum sauce, soy, and vinegar and sesame oil. Turn the heat to high and simmer for about 2 mins until the sauce thickens. Remove from the heat and leave to cool.
3. Once the duck breast is cooked, leave it to rest while you prepare the rest of the salad. Heat a griddle pan on a high heat and char the lettuce quarters for 2 mins each side. Put the carrots and cucumber in a bowl and toss with half the dressing. Pile onto a serving platter with the lettuce and avocado. Slice the duck breast into 6 thick slices and arrange on top. Serve the extra dressing on the side.