

THAI DUCK & SPINACH SALAD



MINUTES TO PREPARE
10



MINUTES TO COOK
20



SERVES
2

INGREDIENTS

300g duck breast, skin on
1 clove of garlic, crushed
2 cm fresh ginger, peeled and crushed
1/4 medium-hot chilli, thinly sliced
1 handful of coriander leaves, roughly chopped
Zest of 1 orange
Juice of 1 orange
1 teaspoon soy sauce
1/2 teaspoon fish sauce
2 tablespoons water
75g baby spinach leaves
2 large handfuls of broccoli, cut into tiny florets

You will need a pestle and mortar, frying pan and a small roasting tray.

LET'S GET COOKING

- 1 Preheat the oven to 200/375/gas 5.
- 2 Using a sharp knife score the duck fat by slowly making thin diagonal lines over the entire duck breast. Turn the duck breast around and repeat with diagonal lines going the other way, creating small diamond shapes. Season with Maldon sea salt.
- 3 In a pestle and mortar, bash together the garlic, ginger, chilli slices and coriander to form a rough paste. Add the orange juice, orange zest, soy sauce, fish sauce and water, and stir.
- 4 Next, place a frying pan over a high heat (without any oil). Place the duck breast in the pan, skin side down. Cook for 5 minutes until the fat starts to crisp up. Turn the duck over and cook for a further 5 minutes, skin side up.
- 5 Pour the sauce into the small roasting tray, keeping the paste as close to the centre as possible. Lay the duck breast on top of the paste.
- 6 Place in the oven and cook for 15-20 minutes (depending on the thickness) until it is firm to the touch, but not hard.
- 7 Wash the spinach leaves and share them between two bowls. Scatter over the raw broccoli florets.
- 8 When the duck is ready, remove from the oven and let it sit for 2 minutes. Slice thinly and lay over the spinach leaves.
- 9 Pour over the warm dressing and serve.

"You can tell that the duck breast is cooked by prodding the skin. It should have a little bounce but not be squishy or hard. Have a prod and see what you think!"