



"JUGGLING TWO HATS"

Delectable Duck Salad – The Farmer and the Cook – January 2019

Ingredients – serves 4 to 6

Luvaduck Peking Duck Breasts

Wombok

Spring Onions

Coriander

Nuts of any kind really – flaked almonds, walnuts, pistachios, pinenuts, cashews to name a few

Cherry tomatoes

Mango

Avocad

Cucumber

Any other salad ingredients that you would like to use up!

Changs Fried Noodles

Changs Oriental Fried Noodle Salad Dressing

Method

1. Preheat the oven (or barbie) to 190 degrees. Cook the duck according to packet directions by placing the breasts onto a baking paper lined dish and pouring the marinade on top. 10 minutes cooking time is ample.
2. Lightly toast a handful of nuts and leave to cool. Wash half a wombok and cut it into small pieces and place in a serving bowl. This forms the base of your salad.
3. Cut up the spring onions, tomato, cucumber, coriander, mango and avocado and add to the wombok leaves. Add the nuts and a good handful of the fried noodles.
4. Once you have left the duck to rest for a few minutes finely slice the breasts and place on top of the salad. Give a good grind of salt and pepper and drizzle over the dressing plus some of the marinade that the duck's cooked in.