

## Oriental Duck Salad

**Servings:** 2

**Prep Time:** 10min

**Cook Time:** 15min



### Ingredients

- 2 duck breasts, skin on
- 100g bag rocket & watercress salad
- 250g punnet cherry tomato, halved
- bunch spring onion, sliced diagonally

### For the dressing

- 1 garlic clove, grated
- 1 tsp fresh grated root ginger
- 2 tbsp soy sauce
- 3 tbsp honey

### Directions

1. Heat oven to 200C/fan 180C/gas 6. Score the skin of the duck breasts and season. Heat a non-stick frying pan over a high heat, add the duck, skin-side down, and cook for 4 mins or until the skin is crisp. Turn over and quickly brown the underside, then transfer to a baking tray.
2. Mix the dressing ingredients together and spoon all but 2 tbsp of it over the duck. Roast the duck for 10 mins for pink, longer if you prefer. Remove from the oven and allow to rest for 4 mins, then slice into strips.
- 3 Toss together the salad, tomatoes, spring onions and duck slices. Drizzle over the remaining dressing and serve.