

# **Barbecued chilli duck and pineapple salad**

PREP: 20 MINS

COOK: 8 MINS

EASY SERVES 4

A super healthy, low-fat recipe that's ideal for barbecue entertaining

## **Ingredients**

4 duck breasts, skinless if you can find them (but skin-on is fine)

1 red chilli, finely chopped

small piece ginger, grated

1 garlic clove, crushed

1 tbsp soy sauce

small drizzle honey

juice 1 lime

**For the salad**

1 small pineapple

, quartered, peeled and cored

2 shallots

, finely sliced into rings

3 handfuls beansprouts

, blanched in boiling water and drained

1 red chilli, finely sliced

small piece ginger

, cut into matchsticks

small handful coriander leaves

small handful mint

juice 1 lime.

## Method

1. Light the barbecue if you are using charcoals. If your duck breasts have the skin on, remove it by simply pulling it off. Use a knife to cut into the thickest part of the duck breast, but don't cut all the way through. Place between cling film and use a meat mallet or rolling pin to bat them out so that the meat is about 1cm thick all over.
2. Mix the chilli, ginger, garlic, soy sauce, honey and lime juice. Place the duck in a flat dish and pour over the chilli mix, making sure it's completely coated - it's now ready to cook. Unlike other marinades, there's no need to leave it as the duck meat will 'cure' in the marinade and become pappy.
3. To make the salad, use a sharp knife to shave the pineapple into wide strips. Mix with the rest of the ingredients and set aside. When the coals are ashen, barbecue each piece of duck for a few mins on each side until sticky and charred. Then lift it straight onto a plate and place a pile of salad on the side - the idea is that the salad dressing mixes with the juices from the duck as it rests.