








Beckett's Farm

STARTERS

Duck Salad



Method

-  2 duck breasts, skin on
-  100gm rocket
-  250gm cherry tomatoes, halved
-  1 bunch spring onion, sliced
-  2 smoked garlic cloves, grated
-  1tsp fresh root ginger grated
- 2 tbsps soy sauce
-  3 tbsps honey
- Salt and pepper

1. Heat oven to 200C/fan 180C/gas 6. Score the skin of the duck breasts and season with salt and pepper

2. Heat a non-stick frying pan over a high heat, add the duck, skin-side down, and cook for 4 minutes or until the skin is crisp. Turn over and quickly brown the underside, then transfer to a baking tray

3. Mix the dressing ingredients (the garlic cloves, fresh root ginger, soy sauce, honey, salt and pepper) together and spoon all but 2 tbsps of it over the duck. Roast the duck for 10 minutes until meat is pink, or longer if you prefer. Remove from the oven and allow to rest for 4 minutes, then slice into strips

4. Toss together the rocket, tomatoes, spring onions and duck slices. Drizzle over the remaining dressing and serve

