

# Pan Seared Duck Breast Salad with Raspberry Sauce

## ingredients list

- Olive oil
- 4 cups mixed greens
- 1/2 cup pineapples chunks
- 1/2 cup pre-cooked smoked duck breast (sliced)
- 1/4 cup canned beetroot (sliced)
- 1/4 cup canned corn
- 1/2 cup cherry tomatoes (sliced)
- 1 orange (sliced)
- 1/2 capsicum (sliced)
- 1 shallot (sliced)

### Home-made Raspberry Dressing

- 100ml olive oil
- 1 tsp dijon mustard
- 1 cup raspberry purée



# Pan Seared Duck Breast Salad with Raspberry Sauce recipe

- 1** Heat pan on high heat for 2 minutes, and put in the oil on the heated pan. Once smoke comes off the pan, reduce the heat.
- 2** Place your smoked duck (skin side down) on the pan. Let it sear for 2 - 3 minutes.
- 3** While waiting for the duck to sear, combine the pineapple chunks, sunflower seeds, sliced canned beetroot, cherry tomatoes, corn, sliced capsicum, sliced orange and sliced shallots in a large bowl.
- 4** Once the skin of the duck is golden brown, turn off the fire, flip the meat and let it cook on the pan for 2 - 3 minutes. Then remove it and place aside to cool down.
- 5** Drizzle the raspberry dressing on the salad, and toss the salad to ensure the greens are evenly-coated.
- 6** Plate the salad and place the sliced duck on top.
- 7** Dig into your healthy & hearty salad!