



## Duck Breasts With Warm Mango Salsa

Serves 4

Preparation time 10 – 12 minutes plus 30 minutes marinating time

Cooking time 26 minutes

### Ingredients

4 duck breasts  
150ml mango or orange juice  
2 tablespoons light soy sauce  
2 tablespoons clear honey, warmed

### Salsa Ingredients

1 small mango, finely diced  
4 spring onions, finely chopped  
1 small red onion, finely chopped  
1 to 2 teaspoons brown sugar  
½ to 1 teaspoons hot chilli sauce  
2 tablespoons fresh coriander, chopped

### To Serve Ingredients

225g butter nut squash, de-seeded and cubed  
175g baby corn  
6 spring onions, diagonally sliced

### To Garnish Ingredients

Spinach leaves and thin strips of raw beetroot

### Directions

Wipe the duck breasts; make three deep diagonal slashes across the skin on each breast and place in shallow dish.

Blend the juice. Soy sauce and honey and pour over the duck breasts.

Cover and leave in refrigerator for 30 minutes, spooning marinade over occasionally.

Combine all the Salsa ingredients except the coriander, in a small chef's pan and set aside.

Lightly brush your Le Creuset grill pan with hot oil then place on a moderate heat until hot.

Drain the duck breasts and cook, skin-side down, for 4 minutes, then turn and continue to cook for 12 minutes or until done to personal preference.

Remove from grill pan and keep warm.

Drain off excess fat from grill pan, leaving about 2 tablespoons in the pan.

Add the squash and corn and cook for 5 minutes or until soft keeping the vegetables moving constantly.

Stir in the spring onions.

At the same time, place the salsa on a moderate heat and heat gently for 5 minutes, then stir in the coriander.

Arrange the Duck breasts on warm plates with the salsa and squash mixture, garnish on the side with the spinach and raw beetroot.