



## Barbecued chilli duck & pineapple salad



Gluten Free



Dairy Free



Very Healthy

READY IN



28 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 4 duck breast meat – skin left on skinless fine canned (but skin-on is )
- ☐ 1 to 5 chillies red finely chopped
- ☐ 1 small piece ginger grated
- ☐ 1 garlic clove crushed
- ☐ 1 tbsp soya sauce
- ☐ 1 small honey
- ☐ 1 juice of lime
- ☐ 1 small pineapple cored peeled quartered

- ☐ 2 shallots finely sliced into rings
- ☐ 3 handfuls bean sprouts boiling drained
- ☐ 1 to 5 chillies red finely sliced
- ☐ 1 small piece ginger cut into matchsticks
- ☐ 1 small handful cilantro leaves
- ☐ 1 small handful mint leaves

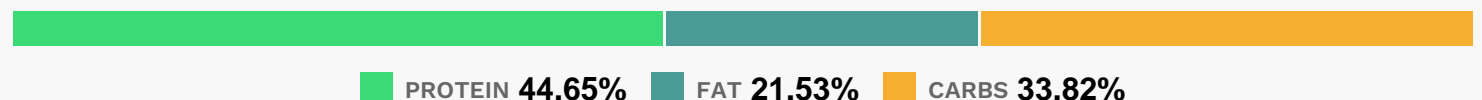
## Equipment

- ☐ knife
- ☐ rolling pin
- ☐ meat tenderizer

## Directions

- ☐ 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 dont 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.
- ☐ 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 its completely coated its now ready to cook. Unlike other marinades, theres no need to leave it as the duck meat will cure in the marinade and become pappy.
- ☐ 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.

## Nutrition Facts



## Properties

Glycemic Index:84.48, Glycemic Load:17.07, Inflammation Score:-8, Nutrition Score:40.515217397524%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 419.51kcal (20.98%), Fat: 10.16g (15.63%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 35.91g (11.97%), Net Carbohydrates: 31.73g (11.54%), Sugar: 24.98g (27.75%), Cholesterol: 174.02mg (58.01%), Sodium: 387.54mg (16.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.4g (94.8%), Vitamin B12: 29.38µg (489.67%), Vitamin C: 158.84mg (192.53%), Manganese: 2.24mg (111.9%), Vitamin B6: 1.8mg (89.83%), Vitamin B1: 1.12mg (74.36%), Selenium: 45.88µg (65.54%), Iron: 11.43mg (63.51%), Copper: 0.99mg (49.6%), Vitamin B3: 9.37mg (46.87%), Phosphorus: 466.5mg (46.65%), Vitamin B2: 0.79mg (46.33%), Potassium: 1014.49mg (28.99%), Vitamin B5: 2.42mg (24.21%), Magnesium: 89.99mg (22.5%), Folate: 67.9µg (16.97%), Fiber: 4.18g (16.71%), Zinc: 2.03mg (13.52%), Vitamin A: 579.64IU (11.59%), Vitamin K: 8.24µg (7.85%), Calcium: 51.05mg (5.1%), Vitamin E: 0.26mg (1.72%)