



WHATSheATE



HEALTH SCORE

100%

Duck, watermelon & herb salad with roast cashews



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



4 medium duck breasts



2 ruby gem lettuces



150 g radishes thinly sliced



3 spring onion cut into long strips



2 pink grapefruit



400 g watermelon cut into thumb-size chunks



1 handful mint leaves leaves picked good

- ☐ 100 g roasted cashews salted roughly chopped
- ☐ 1 bird's-eye chilli green red deseeded chopped
- ☐ 2 tbsp fish sauce
- ☐ 2 tbsp juice of lime
- ☐ 2 tbsp muscovado sugar light
- ☐ 1 tbsp tamarind paste (see tip, below)

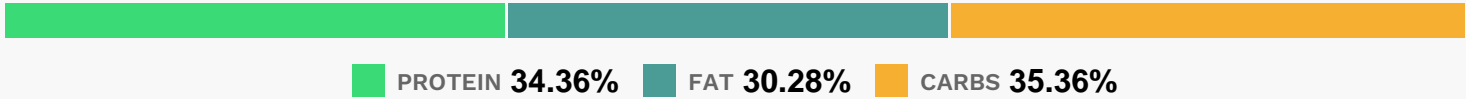
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Place the duck breasts, skin-side up, on a board. Score the skin all the way through, cutting down to, but not into, the flesh. Make sure you score all the way to the edges. This will ensure the skin doesn't pull the flesh in as it shrinks.
- ☐ Season the skin with a generous amount of salt and freshly ground black pepper.
- ☐ Place the duck, skin-side down, in a solid heavy-based cold pan, then put the pan over a medium heat. Now do not touch anything, do not move the pan. What will happen over the next 10–12 mins is that the fat under the skin will slowly melt, then the skin will brown and go crisp. Once all the fat has run from the skin, there will be a good 1–2cm of duck fat in the pan. Spoon off the excess fat, season the flesh side now (not before), then turn the duck over. Cook for 2 mins, then increase the temperature to full for just 1 min. Take off the heat, then leave in the pan to rest for 5 mins.
- ☐ For the dressing, put all the ingredients into a small food processor and whizz.
- ☐ Remove the 2 outer leaves from each head of lettuce and discard, then peel the leaves away, one at a time.
- ☐ Lay them out on a big serving plate.
- ☐ Thinly slice the duck, then toss with the radishes, spring onions, grapefruit, watermelon, herbs and some of the dressing.
- ☐ Spread over the leaves and scatter the nuts over the top.
- ☐ Drizzle more dressing over and serve.

Nutrition Facts



Properties

Glycemic Index:55.11, Glycemic Load:9.45, Inflammation Score:-10, Nutrition Score:44.091739094776%

Flavonoids

Pelargonidin: 15.78mg, Pelargonidin: 15.78mg, Pelargonidin: 15.78mg, Pelargonidin: 15.78mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 27.87mg, Naringenin: 27.87mg, Naringenin: 27.87mg, Naringenin: 27.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 428.37kcal (21.42%), Fat: 15.16g (23.33%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 32.83g (11.94%), Sugar: 25.01g (27.78%), Cholesterol: 116.01mg (38.67%), Sodium: 684.49mg (29.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.72g (77.44%), Vitamin B12: 19.62µg (326.92%), Vitamin C: 113.29mg (137.32%), Vitamin B6: 1.9mg (94.88%), Vitamin B2: 1.09mg (63.86%), Vitamin B1: 0.9mg (59.75%), Copper: 1.1mg (54.9%), Phosphorus: 540.04mg (54%), Iron: 9.67mg (53.75%), Potassium: 1800mg (51.43%), Selenium: 34.01µg (48.59%), Vitamin A: 2284.92IU (45.7%), Manganese: 0.89mg (44.6%), Magnesium: 172.78mg (43.2%), Folate: 157.56µg (39.39%), Vitamin B3: 7.79mg (38.96%), Vitamin K: 31.48µg (29.99%), Fiber: 7.01g (28.04%), Vitamin B5: 2.43mg (24.34%), Zinc: 3.33mg (22.18%), Calcium: 111.93mg (11.19%), Vitamin E: 0.8mg (5.36%)