



BBQ Duck Rice Noodle Salad with Peanuts

Makes: 2

Prep time: 15 minutes

Cook time: 15 minutes

For the salad:

2 duck breasts

100g dried vermicelli rice noodles

½ carrot, peeled and cut into very thin strips

3 spring onions, thinly sliced

1 red, orange or yellow pepper, cut into thin strips

1 handful coriander leaves, chopped

50g toasted peanuts, roughly chopped

Duck breasts are fatty and are best cooked on the BBQ using a flat grill plate to prevent too much flare-up. They make a beautiful addition to a salad of rice noodles, full of crunchy fresh vegetables and a spicy, sour and slightly sweet dressing.

Method:



1. Combine all the dressing ingredients and mix well. Set aside.

2. Cover the noodles with boiling water and soak until soft, around 5-8 minutes. Drain and set aside (use a few drops of sesame or oil or other oil to stop them sticking together).



3. Trim any excess fat from the edges of the duck breasts and score the skin in a diamond pattern, taking care not to cut through to the meat. Season well with salt.



4. Place the duck breasts skin side down onto the flat centre grill plate of the Jupiter Outback BBQ, then light the centre burners and set the heat to medium.

Ingredients Continued:

For the dressing:

- 1 tablespoon fish sauce
- 2 teaspoons sesame oil
- 2 tablespoons lime juice
- 1 teaspoon rice vinegar
- 1-2 cloves garlic, crushed or grated
- ½ thumb ginger, peeled and finely chopped
- 2 teaspoons honey
- 1 tablespoon soy sauce
- 2 birds eye chillies (or other red chillies), finely sliced

Method Continued:



- 5.** Cook, skin side down until golden and crisp, around 10-15 minutes.
- 6.** Flip the breasts and cook for a further 3 minutes flesh side down.
- 7.** Rest the duck breasts for 5 minutes before slicing.
- 8.** Combine the noodles, dressing, sliced vegetables, coriander and dressing.
- 9.** Add the sliced duck breast and peanuts to serve.