

Summery duck salad



BODY SHAPE
PERFORMANCE

2 duck legs, approximately 225g each
(each leg will yield approximately
90g cooked meat)
1 tsp ground Szechuan pepper
pinch sea salt
pinch ground ginger
80g cucumber, cut into strips
3 spring onions, sliced finely
large sprig of fresh mint, chopped
large handful of mixed leaves and
pea shoots
150g fresh watermelon, diced
100g pomegranate seeds
juice of 1 lime

SERVES 2

Preheat oven to 190°C/375°F.

Place the duck legs skin side up onto a foil lined tray. Pierce the skin all over with a knife. Mix the salt, Szechuan pepper and ginger together in a bowl and rub into the duck legs.

Place in the oven and cook for 90 minutes until crispy.

Allow the duck to rest for 10-15 minutes. Remove and discard the skin. Shred the meat or cut into bite-sized pieces.

Place the meat in a large bowl. Add all of the other ingredients and mix well.

Divide between two bowls. Sprinkle on a little extra Szechuan pepper and serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.



PER SERVING:
373 Calories
21g Carbs
16g Protein
25g Fat