



Sunday Lunch - Duck, Raspberry & Peach Salad (serves 4) - 30 mins prep. Virtually fat free.

1. Remove the skin & all visible fat from the duck & season well. Heat griddle pan over high heat. Add the duck & cook for 7 minutes on each side or until cooked to your liking. Remove the duck from heat & cover with foil to rest & set aside.

2. Meanwhile halve, stone & slice the peaches or nectarines & place in bowl with the raspberries.

3. Make the dressing by mixing together the raspberries, wine vinegar, mustard & sweetener, season to taste.

4. Thinly slice the duck & add to the fruit, pour over the dressing & toss gently. Arrange salad leaves on a plate & top with the duck & fruit. Simply serve.

Ingredients:

2 x duck breasts

7oz fresh raspberries

Salt & freshly ground black pepper

3 x ripe peaches or nectarines

1 x tbsp raspberry wine vinegar

1 x level tsp whole grain mustard

1 x tsp artificial sweetener

2 oz of mixed lettuce leaves