

THAI DUCK SALAD WITH PAPAYA



USED BRESC PRODUCTS



Bresc Garlic chopped
1000g



Bresc Garlic chopped
450g



Bresc Green & red chilli
WOK 450g



Bresc Lemongrass puree
450g



Bresc Thai red curry 450g

INGREDIENTS

4

For the salad

- 50 g shelled peanuts
- 400 g papaya
- 20 g Bresc Garlic chopped
- 10 g Bresc WOKchilli
- 10 g Bresc Lemongrass puree
- 100 g green beans, chopped and blanched
- 35 g fish sauce
- 35 g lime juice
- 25 g palm sugar
- 12 cherry tomatoes
- 50 g bean sprouts
- 2 stalks spring onion, in rings
- ¼ head green lettuce
- oil for frying
- prawn crackers

For the duck

- 2 duck breasts
- 20 g Bresc Thai red curry
- 10 g fish sauce
- 16 g soy sauce
- 5 g coriander, chopped
- 5 g Thai basil, chopped

PREPARATION METHOD

Cut the duck breasts into slices. Marinate it in the Thai red curry and a spoonful of oil. Roast the peanuts until they start emitting an aroma and they are brown and add the green beans, garlic, lemongrass and red chilli. Peel the papayas and grate the flesh on the mandoline. Wash it in cold water with a little salt and drain. Mix the fish sauce, lime juice and sugar. Heat a wok and scoop the duck into it. Roast well and season with the fish sauce, soy sauce, coriander and Thai basil. Serve the duck on the salad of tomatoes, bean sprouts, lettuce and spring onion, with some extra fried, chopped peanuts, coriander and Thai basil, to taste.