

Asian-style nashi & duck salad



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Preparation 20 minutes

Serves 4

1 nashi pear, peeled, cored and thinly sliced lengthways

1 tsp lime juice

120g baby Asian salad leaves

2 x 650g packs roast Peking duck*, flesh removed and sliced

2 green onions (shallots), trimmed and finely shredded

¼ cup unsalted roasted peanuts, roughly chopped

Soy dressing

¼ cup light olive oil

1 tbs soy sauce

1 tbs brown sugar

1 tbs Thai fish sauce

1 tbs lime juice

*Roast Peking duck is available in the chilled section of select butchers, supermarkets and grocers. Alternatively, use the flesh from one whole Chinese barbecue duck or a barbecued chicken.

1. Place nashi and lime juice in a bowl. Toss to combine.
2. Arrange salad greens, nashi and duck on serving plates.
3. To make soy dressing, combine all ingredients in a screw-top jar. Shake until well combined. Drizzle salad with dressing. Top with green onions and peanuts and serve.



Nashi

- A source of dietary fibre. Fibre is important to keep the intestine functioning normally and prevent constipation.
- Provide some vitamin C, which helps the body fight infection.
- Naturally sweetness and juiciness makes nashi an excellent snack food.