

'DUCK' SALAD WITH POMEGRANATE



QUICK

15 minutes prep
time + 3 hours
cooking time

HEALTHY

Turkey is a low fat source
of protein, which we need
for a healthy immune
system

FAMILY

Serves 5 as a
main

MEALS

This can be served as a
side or a main dish

INGREDIENTS

- 1 turkey oyster thigh - approx. 1 kg (Leg works too but is more boney!)
- 4 x tsp Chinese 5 spice
- 1 cucumber
- 1 lettuce
- 5 spring onions
- 2 carrots
- 1 pomegranate

For the dressing

- 40 ml red wine vinegar
- 1 tbs sesame oil
- 1 tbs soy sauce
- 1 tbs pomegranate molasses or honey
- 1 tbs Hoi sin sauce

METHOD

- 1) Put the oven on to 160°C (Fan oven)
- 2) Rub the Chinese 5 spice onto the Turkey thigh
- 3) Put into a large ovenproof pot and cover with water and a lid
- 4) Bring to the boil on the hob then transfer to the oven and cook for 3.5 hours
- 5) Tip the water away and allow to cool whilst you prep the veg.
- 6) Dice the cucumber and chop the spring onion
- 7) Cut the carrot into thin strips
- 8) Remove the seeds from the pomegranate
- 9) Make the dressing by mixing all of the ingredients in a jar and shaking
- 10) When cool, remove the skin and bones from the turkey and shred with your fingers.
- 11) Assemble the salad by mixing all the ingredients together in a large bowl (save some spring onion and pomegranate to sprinkle on the top)
- 12) Pour the dressing over, then sprinkle with the spring onion, pomegranate and sesame seeds



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To watch a video showing how this is made or to explore more
Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com