



Pigeon Breasts on a Simple Salad

Seared pigeon breasts on a bed of simple salad leaves

Serves: 4

Prepare: 10 Minutes

Cook: 5 Minutes

Difficulty: easy

Ingredients

- 10 [wild wood pigeon breasts](#)
- pink himalayan salt
- peppercorns (crushed)
- selection of seeds

Method

1. Take 10 Pigeon Breasts and season with salt, pepper and a dash of olive oil
2. Sear them in a very hot pan, using a hob or BBQ for a minute on each side
3. Slice finely, and layout on a bed of salad leaves
4. Drizzle a little more oil and scatter a few seeds over the top
5. Simple & delicious