



CONFIT DUCK LEGS, PEA PUREE & POTATOES

Delicious French inspired recipe, Confit Duck Legs with Pea Puree and Potatoes

Difficulty: Easy

Serves: 2

Prep: 15 mins

Cooking: 40 mins



INGREDIENTS

- 1 x 500g Luv-a-Duck Confit Duck Legs
- 4-5 large potatoes, peeled and quartered
- Rosemary
- 100g Luv-a-Duck Duck fat
- 2 garlic cloves, thinly sliced
- ½ cups frozen peas
- 2 Tbsp lemon juice
- Salt and pepper, to taste
- 1Tbsp alfalfa sprouts

METHOD

Leave the duck legs out of the fridge for 30 mins before cooking to come to room temperature.

Pre-heat the oven to 200°C. Place the potatoes in a large pot and cover with water. Bring to the boil and boil for 6-8 mins, until tender. Drain the water, then cover the pot of potatoes with a lid and toss to rough them up.

Meanwhile heat duck fat in a roasting pan in the oven. Then add in potatoes, rosemary, garlic cloves and season generously with salt. Carefully mix the potatoes so they are completely covered with duck fat. Roast in the oven for 40 mins.

In the last 15 mins of cooking, place the duck legs on a lined baking tray and roast them in the oven so they become golden. In a small saucepan add in the frozen peas and top with water. Bring to the boil for 2-3 mins and then immediately drain and run through cold water – this will help them retain their bright green colour!

Add the peas, lemon juice, and 2 Tbsp of water a blender and blend on high for 1 min until smooth.

To serve spread the pea puree over the plate with a spoon and then top with duck and crispy potatoes and finish with a few alfalfa sprouts and a wedge of lemon!