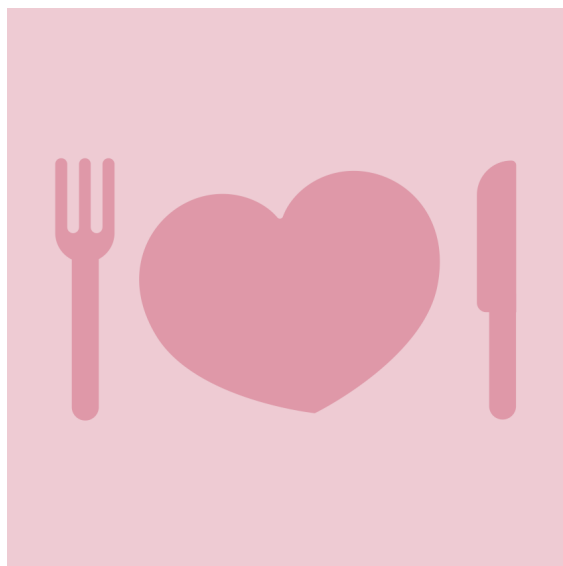




DUCK BREAST ON BLACK LENTILS WITH BEETROOT & ORANGE RELISH

This dish has many flavours and textures, but they work so well together. This is a great dinner party option if you want to impress your guests!

Difficulty: Easy
Serves: 4
Prep: 15 minutes
Cooking: 50 minutes



INGREDIENTS

4 x Luv-a-Duck Fresh Duck Breasts
2 tsp Luv-a-Duck duck fat
1 medium onion chopped
2 garlic cloves chopped
2 cups Mount Zero black lentils (green or puy will also suit)
4 cups Luv-a-Duck duck stock
Salt & pepper
2 cups butternut pumpkin diced
1 cup baby spinach leave
Mount Zero organic beetroot & orange relish
Mount Zero basil infused extra virgin olive oil

METHOD

1. Heat the duck fat, add onion and garlic and lightly cook without colouring for about 10 minutes.
2. Add the lentils and stock, season with salt and pepper and bring to boil, turn down the heat and let simmer for about 40 minutes or until tender.
3. Meanwhile, toss the diced pumpkin in duck fat and roast in oven on 180C for 15 minutes or until golden. Remove from oven and set aside.
4. To cook the duck breasts, score the skin and season with salt and pepper. Heat a pan until you can feel moderate heat coming off it. Place the duck, skin side down into the pan for 5 minutes until golden. Turn the duck breast over and cook for 2 minutes.
5. Place the duck in a roasting tray and cook in the oven for 8 minutes. Remove the duck and let this rest for at least 5 minutes before slicing into it.
6. Add pumpkin & spinach leaves to lentils.
7. Serve by carving breasts on the diagonal and fan over lentil mixture. Serve with Mount Zero organic beetroot & orange relish and a last minute drizzle of the basil oil.