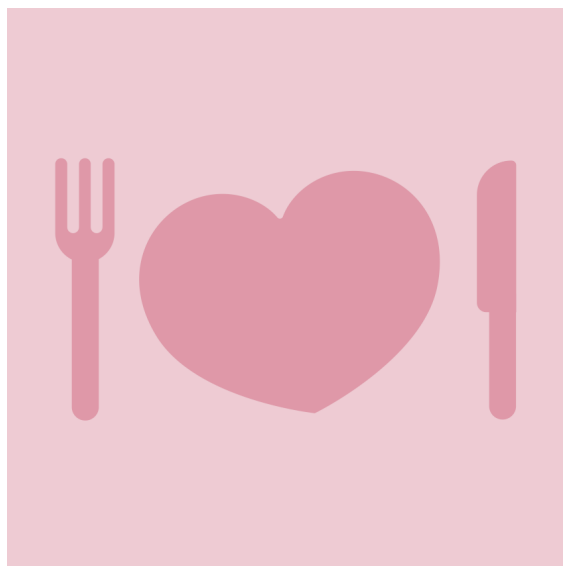




ROAST DUCK BREAST SALAD

Difficulty: Easy
Serves: 4
Prep: 15 minutes
Cooking: 45 minutes



INGREDIENTS

2 Luv-a-Duck Roast Duck Breasts
300g butternut pumpkin
400g chickpeas
2 cups quinoa
1 punnet cherry tomatoes
2 cups rocket leaves
Goats cheese
1 clove garlic, crushed
1 tsp dijon mustard
1 tbs lemon juice
1 tsp paprika
1 lemon
3 tbs olive oil
Salt/pepper

METHOD

1. To cook the quinoa, cover in a small pot with 3 cups of water. Simmer gently with the lid on for around 15 minutes. Once the water has absorbed, turn the heat off and leave the lid on to let it steam for a further 10 minutes.
2. Dice the pumpkin, coat with olive oil and salt and pepper and roast in the oven for 20 minutes.
3. To make the dressing, combine the garlic, dijon mustard, lemon juice and paprika and season well.
4. Heat the roast duck according to the packet instructions and slice thinly.
5. Combine the quinoa, pumpkin, chickpeas, rocket, tomato and a few cubes of goat's cheese in a bowl. Pour the dressing over the salad and mix well.
6. Serve with roast duck slices on top.