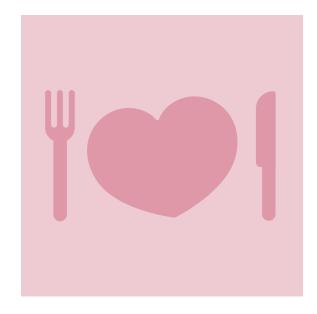


# RUSTIC DUCK BREAST SALAD

Bursting with flavours and colours!

**Difficulty:** Easy **Serves:** 4-6



# **INGREDIENTS**

3 Luv-a-Duck Fresh Duck Breasts 200g butternut pumpkin, peeled and chopped into 2cm cubes 2 potatoes, peeled and chopped into 2cm cubes 1 capsicum, seeded and cut into large pieces 1 onion, peeled and cut into 8 100g button mushrooms, quartered 1 whole beetroot, peeled and cut into eights 1 parsnip, peeled and cut into 6 6 garlic cloves, peeled 1 stalk rosemary, leaves removed Salt and pepper to taste Olive or canola oil spray 1 bunch English spinach leaves, washed and drained, add just before serving

# **METHOD**

## Vegetables

- 1. Combine all the vegetables and herbs in a large oven tray, coat with the olive oil or spray. Do not overload the trays use 2 if necessary.
- 2. Cook in a pre-heated oven at 180°C for 35 minutes, or until cooked and golden.

#### Duck

- 1. Preheat the oven to 190 degrees.
- 2. Score the skin and season with salt and pepper.
- 3. 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.
- 4. 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.

## To assemble

- Slice the duck breast and add to the roasted vegetables, add the spinach leaves.
- 2. Mix well to combine, drizzle with some of the remaining oil and juices from the duck and serve on your favorite platter.

### **CHEF'S TIPS**

You could also drizzle some pesto or lemon mayonnaise over the top if desired.