



SMOKED DUCK, FRISEE AND POACHED EGG SALAD

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 15 minutes



INGREDIENTS

1 x Luv-A-Duck Smoked Duck Breast, sliced thinly
½ head of frisee lettuce, leaves picked & washed
2 thick slices of sourdough bread, crust removed & cubed
4 eggs
1 tbs. white vinegar
½ bunch chives, finely chopped
1 handful walnuts

Mustard Dressing:

1 heaped tsp. seeded mustard
1 tbs white wine vinegar
4 tbs olive oil
1 tbs walnut oil
Salt and pepper

METHOD

To prepare the croutons: Preheat the oven to 180°C. Lightly oil the cubed bread pieces and cook in the oven for 5-8 minutes until golden brown.

For the dressing: Place all the ingredients into a jar and shake well until combined.

1. Bring a small pan of water to the boil and add the white vinegar.
2. Crack eggs into a glass, one at a time and tip into the just-boiling water.
3. Poach for 2-3 minutes, with a slotted spoon remove the eggs gently and drain on paper toweling. Season with salt.
4. To assemble the salad, arrange frisee into a shallow bowl. Add the smoked duck, croutons, a poached egg, walnuts and a sprinkling of chives.
5. Finally drizzle with the dressing.