



WARM ALFRESCO DUCK SALAD

WITH PEAR, RED GRAPES AND FETTA

Difficulty: Easy

Serves: 4 as a salad or accompaniment

Prep: 10 minutes

Cooking: 15 minutes



INGREDIENTS

2 Luv-a-Duck Duck Breasts
Olive oil
100g rocket leaves, washed
1 sml bulb fennel, shaved
1 ripe pear, shaved
100g goats Milk feta or Danish feta
1 cup red grapes
Salt & pepper to taste

Dressing

½ cup apple juice
2 tblsp balsamic glaze
2 tblsp olive oil
Salt & cracked black pepper to taste

Thinly sliced bread stick to serve

METHOD

1. Preheat the oven to 190C.
2. Remove duck breasts from packaging and pat duck breasts dry with paper towel. Score the skin in a diagonal pattern and season with salt and pepper.
3. Heat a frying pan until you can feel moderate heat coming off it. Place the duck skin side down for 5 minutes, or until the skin is golden. Turn the duck over for 2 minutes skin side up.
4. Remove the duck from the pan and place in a roasting tray. Cook in the oven for 8-10 minutes, or until pink in the middle. Let the duck breast rest for at least 5 minutes before slicing into it.
5. Toss the rocket leaves, fennel, pear and feta together in a large salad bowl. Place tossed salad onto a serving platter.
6. Place the grapes, apple juice, balsamic glaze and olive oil into the frying and simmer 3 -4 minutes. Season with salt & pepper.
7. Thinly slice the duck breast and lay decoratively over the salad, spoon over the grapes and dressing, serve with thinly sliced bread stick.

CHEF'S TIPS

Duck breast maybe cooked prior and re-heated when required.

This recipe is also great for the festive season and can be made using left over shredded roast duck meat.