



A L'ORANGE DUCK LEGS WITH FREEKEH PISTACHIO SALAD



Difficulty: Easy

Serves: 2

Prep: 10 mins

Cooking: 30 mins

INGREDIENTS

500g Luv-a-Duck A L'Orange
Duck Legs
1 cup freekeh
5 Tbsp olive oil
1 pomegranate, seeds
½ cup parsley, roughly chopped
½ cup mint, roughly chopped
2 Tbsp pomegranate molasses
¼ cup pistachios, roughly
chopped

METHOD

1. Rinse the Freekeh in cold water and then place in a large saucepan with 3 cups of water and cover with saucepan lid. Bring to the boil and then reduce to a simmer for 15 min until all water is absorbed and freekeh is light and fluffy. Allow freekeh to cool for 15 mins.
2. Meanwhile, preheat oven to 190°C. Remove duck legs from pack and place skin side up on a lined baking tray or dish. Bake for 15 mins. Allow to rest for 5 mins before serving.
3. Place freekeh in a large bowl and mix in parsley, mint, pomegranate seeds and half the pistachios. Drizzle over olive oil and pomegranate molasses and mix to coat. Top the salad with remaining pistachios.
4. Serve the a l'orange duck legs with a side of freekeh salad.

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