



# A L'ORANGE DUCK WITH GARLIC GREEN BEANS

**Difficulty:** Easy  
**Serves:** 2  
**Prep:** 5 mins  
**Cooking:** 15 mins



## INGREDIENTS

1 pack x 500g Luv-a-Duck A L'Orange Duck Legs  
1 cup white rice  
1 Tbsp extra virgin olive oil  
200g green beans  
1 Tbsp lemon juice, freshly squeezed  
3 garlic cloves, finely chopped  
Salt and pepper to taste  
¼ cup almond flakes, toasted  
1 Tbsp parsley, finely chopped

## METHOD

1. Pre-heat oven to 190°C.
2. Remove duck 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. Meanwhile cook the rice as per packet instructions.
4. Heat oil in a large fry pan on medium heat. Add the green beans and garlic and fry for 2-3 mins until fragrant and beans are bright green. Toss the beans with the lemon juice, salt and pepper and almond flakes.
5. Serve beans alongside rice and A L'Orange Duck Legs and garnish with parsley.