



A L'ORANGE DUCK WITH PUMPKIN, LENTIL SALAD AND HERBED CRÈME FRAICHE

Difficulty: Easy

Serves: 2

Prep: 10 mins

Cooking: 45 mins



INGREDIENTS

1 pack x 500g Luv-a-Duck A L'Orange Duck Legs
400g kent pumpkin, cut into large chunks
1 red onion, cut into large wedges
1 Tbsp balsamic vinegar
1 Tbsp maple syrup
1 Tbsp extra virgin olive oil
400g tin brown lentils, drained
1 Tbsp fresh dill, finely chopped
2 Tbsp parsley, freshly chopped
1 Tbsp lemon zest
150g creme fraiche

METHOD

1. Preheat the oven to 200°C. Spread the onion and pumpkin over a large baking tray. Drizzle over the balsamic vinegar, maple syrup and olive oil. Bake in the oven for 30 mins. Add the A L'Orange Duck Legs to the baking tray and return to the oven for 15 mins.
2. Once cooked, remove the duck legs and allow to rest for 5 mins. Toss lentils through the pumpkin and onion.
3. Meanwhile combine the cream fraiche, lemon zest, dill and parsley in a bowl.
4. Spread the crème fraiche over the base of a large plate then top with lentil salad and A L'Orange Duck Legs.