



CITRUS AND ROSEMARY ROASTED DUCK

Difficulty: Easy

Serves: 6

Prep: 10 mins

Cooking: 1 hour 20 mins



INGREDIENTS

Luv A Duck Semi-Boneless Whole Duck

1 orange, thinly sliced

1 grapefruit, thinly sliced

1 lemon, thinly sliced

1 whole garlic bulb, sliced in half

2 Tbsp maple syrup

2 rosemary sprigs

2 Tbsp extra virgin olive oil

salt and pepper

METHOD

1. Arrange the fruit slices on the base of a large roasting dish. Arrange the garlic bulb halves on the edges with the rosemary sprigs. Lay the duck out flat over the top, skin side up. Pat dry with paper towel, if you have time leave uncovered in the fridge overnight to dry out.
2. Preheat the oven to 180C. Drizzle with olive oil, maple syrup and season generously. Then roast in the oven for 80 mins. Rest for 10 mins before serving.