



CONFIT DUCK AND LENTIL SALAD

Difficulty: Easy

Serves: 4

Cooking: 45 mins



INGREDIENTS

1 pack Luv-a-Duck Confit Duck Legs 500g
3 tbsp extra virgin olive oil
1 celery stalk, cut into 3 cm pieces
1 carrot, cut into 3 cm pieces
1 onion, cut into quarters
200g (1 cup) Puy lentils (also called French green lentils)
1 dried bay leaf
1 heaped tsp dijon mustard
1 tbsp red wine vinegar
1 French shallot, finely chopped
1 large handful of parsley, roughly chopped
Zest of ½ an orange, plus 2 tbsp of the juice

METHOD

1. Preheat the oven to 190°C.
2. Heat oil over a medium heat in a saucepan then add the celery, carrot and onion. Cook for 3-4 minutes to soften vegetables, then add the lentils and bay leaf. Cover with 750 ml of water and bring to the boil. Turn down the heat to medium-low, cover with the lid and simmer for 20-25 minutes until the lentils are just tender.
3. Remove duck from the pack and place skin side up on a lined baking tray or dish. Bake in the oven for 15-20 minutes, until crisp and golden brown. Remove from the oven and cool enough to handle then shred meat from the bones.
4. In a large bowl mix the mustard with the vinegar, orange juice, salt and pepper. Add the remaining oil and whisk to emulsify dressing. Add the shallots, parsley and orange zest.
5. Drain the lentils and discard bay leaf. Add to the bowl of dressing along with shredded duck and toss everything together.

Recipe courtesy of Justine Schofield from Everyday Gourmet