



CONFIT DUCK LEG WITH WARM LENTIL BEAN & KALE SALAD

Difficulty: Easy

Serves: 2

Prep: 10 minutes

Cooking: 20 minutes



INGREDIENTS

For the duck:

- 2 Luv-a-Duck Confit Duck Legs

For the salad:

- 1 cup cooked green or brown lentils (e.g. Puy or French lentils)
- 1 cup canned cannellini beans, drained and rinsed
- 1 small red onion, thinly sliced
- 2 cups kale or cavolo nero, stems removed and leaves chopped
- 2 tbsp olive oil or duck fat
- 1 garlic clove, minced (optional)
- Salt and pepper, to taste
- 1 tsp red wine vinegar or lemon juice (optional, for brightness)

METHOD

1. Prepare the Duck as per pack instructions.

2. Make the Salad:

- Heat olive oil or a spoon of duck fat in a large frypan over medium heat.
- Sauté red onion until soft, about 3 minutes.
- Add garlic if using, and cook for another 30 seconds.
- Toss in chopped kale and stir until wilted.
- Add lentils and cannellini beans. Cook until warmed through.
- Season with salt, pepper, and a splash of red wine vinegar or lemon juice.

3. To Serve:

- Plate the warm salad, and place the crispy duck leg on top.
- Garnish with a little extra olive oil or fresh herbs if desired.