



# CONFIT DUCK LEGS WITH ROSEMARY AND ORANGE ZEST SALAD

## CONFIT DUCK LEGS WITH ROSEMARY AND ORANGE ZEST WITH ROCKET AND CITRUS SALAD

A classic French-inspired dish, pairing confit duck legs with orange for a super easy mid-week meal.



**Difficulty:** Easy

**Serves:** 2

**Prep:** 10 mins

**Cooking:** 15 mins

## INGREDIENTS

1. 500g confit duck legs
2. 2 sprigs rosemary
3. 1 orange, juice and zest
4. 120g wild rocket, washed

### Salad dressing:

1. 1 orange, zest and segmented
2. 1 lemon, zest and segmented
3. 1 lime, zest and segmented
4. 2 teaspoons of mustard
5. 60ml olive oil
6. 15 ml maple syrup
7. 15ml balsamic
8. salt and pepper

## METHOD

1. Preheat oven to 190C and place Confit duck legs onto a lined baking tray. Place a sprig of rosemary under the leg and sprinkle orange zest and juice on top. Drizzle olive oil, salt and pepper and cook for 15 minutes.
2. Prepare the dressing for the rocket salad. Place the zest of orange, lemon and lime with excess juice into a jar with mustard, olive oil, maple syrup, balsamic, salt and pepper. Secure lid and shake well. Add in the orange, lemon, lime segments and juice and stir through dressing with a spoon. Drizzle over a bowl of rocket and serve on the side of the confit duck breast.

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