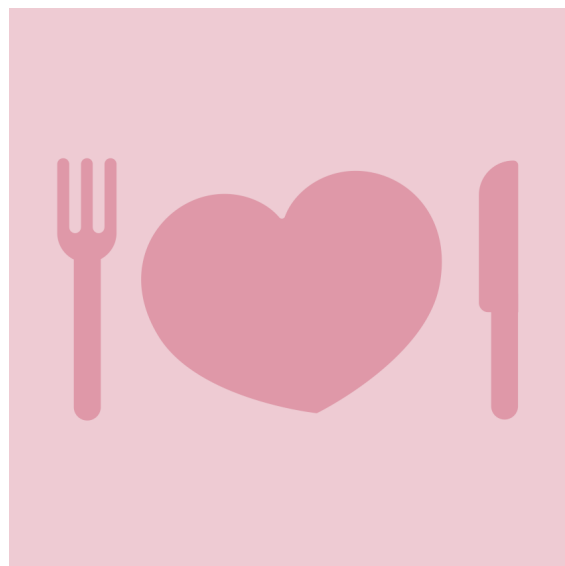




CRISPY DUCK BREAST ON HERB ROASTED VEGETABLE WITH A PESTO MAYONNAISE

Crispy slices of tender duck, served with red and green vegetables, presented on a long platter drizzled with pesto mayonnaise.



Difficulty: Easy

Serves: 4

Prep: 30 minutes

Cooking: 30 minutes

INGREDIENTS

4 Luv-a-Duck duck breasts
1 cup plain flour
2 eggs, beaten
4 cups breadcrumbs
Salt/pepper
Oil for frying
2 red capsicums, core removed
and sliced into wedges
2 green capsicums, core
removed and sliced into wedges
2 zucchini, cut into rounds
1 bunch asparagus, ends
removed and cut in half
1 bunch tomatoes on the vine
6 garlic cloves, skin removed and
left whole
2 thyme sprigs
2 rosemary stalks
1/2 cup olive oil
Salt and pepper to taste

Pesto mayonnaise:

2 cups fresh basil leaves
1/2 cup grated Parmesan-
Reggiano or Romano cheese
1/2 cup extra virgin olive oil
1/3 cup pine nuts or walnuts
3 garlic cloves, chopped
Salt and freshly ground black
pepper to taste
1/2 cup of good quality
mayonnaise

METHOD

1. Cut duck breasts into strips, dip into flour, egg and then breadcrumbs. Set aside for later.
2. In a large bowl combine all the vegetables and toss in olive oil, transfer to a large baking dish and bake in the oven on 180C for 35 mins or until the vegetables are tender. Remove from the oven and allow to cool.
3. In a food processor, mix all the ingredients for the pesto (except the mayonnaise), and slowly add the oil until well combined. Spoon out into a mixing bowl and add the mayonnaise. Set aside for later.
4. In a heavy based frypan, heat the oil and carefully fry the duck strips for 3-4 minutes until golden brown. Remove from the oil and drain on kitchen paper.
5. Arrange the roast vegetables on a long platter and place the crispy duck pieces on top. Serve the pesto mayonnaise on the side or drizzle over the platter and allow guests to help themselves.