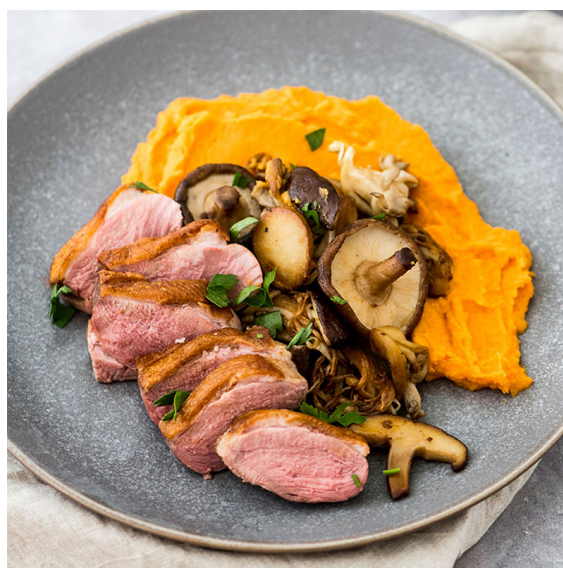




CRISPY DUCK BREAST WITH WILD MUSHROOMS AND CREAMY MASH SWEET POTATO

Difficulty: Easy
Serves: 2
Prep: 10 mins
Cooking: 30 mins



INGREDIENTS

380g Luv-a-Duck Fresh Duck Breasts
1 Tbsp olive oil
400g wild mixed mushrooms – (porcini, oyster etc)
100g butter
3 Garlic cloves, crushed
1/4 cup chicken stock
1 Tbsp lemon juice
2 Tbsp parsley, finely chopped
500g sweet potato, peeled and chopped
3 Tbsp milk

METHOD

1. Cover the sweet potato with water in a large saucepan and then bring to the boil for 10 mins or until soft. Strain and then mash the sweet potato. Stir through the milk and 50g butter.
2. In a large fry pan heat 50g butter and the olive oil. Add the garlic and cook for 1min until fragrant and then add in the wild mushrooms and sauté for 10 mins on a low to medium heat until they begin to soften. Add in the lemon juice and chicken stock and cook for another 5 mins on high heat.
3. Meanwhile, to cook the duck breasts, preheat the oven to 180°C. Pat dry duck breasts, score skin in a crisscross pattern and lightly season the skin with salt. Place in preheated pan skin side down, using no oil, for 5 mins or until the skin is golden. Turn and cook for a further 2 mins. Remove pan from heat and place in preheated oven for a further 8-10 mins to your liking. Rest for 5 mins before slicing.
4. Serve all ingredients together on a plate and top with parsley to serve.

Recipe by Shelley Judge