



CRISPY SKIN DUCK WITH GRILLED PEACH AND PECAN SALAD



Difficulty: Easy
Serves: 2
Prep: 15 mins
Cooking: 20 mins

INGREDIENTS

380g Luv-A-Duck Duck Breast (1 pack)
2 peaches, cut into wedges
120g rocket
½ cup pecans, toasted and roughly chopped
50g feta
2 Tbsp. olive oil
1 tbsp. honey
2 tsp dijon mustard

METHOD

1. Pre-heat oven to 190°C.
2. Pat duck skin dry, score the skin and season with salt. In a moderate-heat pan, place the duck breasts skin-side down for 5 minutes or until skin is golden.
3. Turn the duck breast over and cook for a further 2 mins. Remove from the pan and place on a roasting tray.
4. Roast the duck in the oven for 8-10 mins to your liking.
5. Remove from the oven and rest for 5 mins before slicing.
6. To prepare the salad, oil a griddle pan and grill the peach slices on the pan for 1 minute on each side. In a large salad bowl toss the rocket, peaches, pecans and feta. Add the honey, mustard and olive oil to a jar with an airtight lid and shake to emulsify. Drizzle over salad and serve alongside duck.

For best results, duck breast should be cooked medium so that the meat is pink and tender.

CHEF'S TIPS

Recipe by Shelley Judge