



DUCK À L'ORANGE WITH WARM GRAIN, CITRUS & FENNEL SALAD

Difficulty: Easy

Serves: 2

Prep: 15 minutes

Cooking: 20 minutes



INGREDIENTS

For the Duck

- 2 Luv-a-Duck À L'Orange Duck Legs
- Optional: extra orange glaze or jus for drizzling

For the Salad

- 1 cup cooked freekeh, farro, or pearl barley
- ½ tin chickpeas, rinsed and drained
- 1 handful baby spinach or rocket
- 1 small fennel bulb, finely shaved
- 1 orange, segmented
- 1 tbsp olive oil
- 1 tsp white wine vinegar or lemon juice
- 1 tbsp pumpkin seeds (pepitas)
- Optional: fennel fronds, to garnish

METHOD

1. Prepare the Duck as per pack instructions.

- If extra sauce is available, warm gently and drizzle over when plating.

2. Make the Salad

- In a bowl, combine warm cooked grains, chickpeas, shaved fennel, spinach, and orange segments.
- Dress with olive oil and vinegar or lemon juice.
- Toss gently and season with salt and pepper.
- Scatter over pumpkin seeds.

3. Assemble

- Plate salad first, then top with the glazed duck leg.
- Drizzle with any extra orange sauce.
- Garnish with fennel fronds or additional orange zest if desired.

Optional Add-Ons

- Crumbled feta or goat's cheese for added creaminess
- Toasted almonds or pistachios instead of pepitas
- Pomegranate seeds for a sweet-tart burst.