



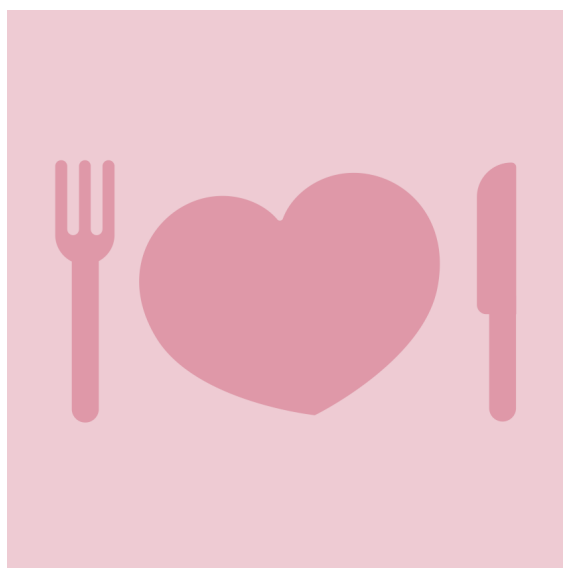
DUCK AND BEANS WITH HERBED SOURDOUGH AND LABNE

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 45 mins



INGREDIENTS

2 tbs. extra virgin olive oil
1 clove garlic, finely chopped
1 onion, finely diced
½ chilli, very finely chopped
2 Luv-a-Duck Fresh Duck Legs
1 tsp. smoked paprika
400g chopped tin tomatoes
1 tsp. brown sugar
2 x 400g canned white beans
Salt and pepper
1 cup parsley, loosely packed
1 cup basil leaves, loosely packed
¼ cup extra virgin olive oil
4 slices of thick sourdough
150g labne or thick Greek yoghurt
Extra virgin olive oil, garnish
Fennel sprigs, garnish

METHOD

1. Preheat the oven to 200°C.
2. Place Duck legs skin side up in a tray and season with salt and pepper and drizzle with olive oil. Cook for 45-60 minutes. Cool slightly before shredding the meat.
3. In a deep pan heat the olive oil and add the onion, garlic and chilli and slowly sweat off until softened. Now add the smoked paprika and cook for 30 seconds before add the tomatoes and sugar. Cook for 10 minutes or until a rich sauce forms. Now add the beans, pinch of salt and pepper and cook for a further 5 minutes. Stir through the shredded Duck and remove from the heat.
4. For the herb oil, place parsley and basil in a small blender and blitz to finely chop herbs. Drizzle in the oil and season with salt.
5. Distribute the cooked beans into earthenware dishes. Top with a few dollops of labne, garnish with fennel sprigs and a final drizzle of extra virgin olive oil. Serve with warmed sourdough slices that have been spread with the herb oil.