



DUCK & SWEET POTATO FRITTATA

PERFECT FOR A MEAL OR AS A NOURISHING PICK ME UP SNACK. WITH CARBOHYDRATES FROM THE CHICKPEAS AND SWEET POTATO, AND PROTEIN FROM THE DUCK AND EGGS, THESE WILL GIVE YOU SUSTAINED ENERGY.

Difficulty: Easy

Serves: 1

Prep: 10 mins

Cooking: 25 mins



INGREDIENTS

1 x Luv-A-Duck Skinless Duck Breast 130g
1 Tbsp olive oil
100g sweet potato
½ cup chickpeas, drained and rinsed
2 eggs
¼ cup milk
1 cup spinach
Salt and pepper
2 spring onions, finely chopped

METHOD

1. Preheat the oven to 180°C.
2. Heat half the oil in a fry pan on high heat. Season the duck with salt and pepper. Add duck breasts to the pan and cook for 5 mins, and then flip and cook for another 5 mins on the other side. Remove duck from pan and cover with alfoil, resting duck for 10 mins before thinly slicing.
3. Bring a small pot of water to the boil. Add in the sweet potato and boil for 10 mins, then drain.
4. Whisk together the eggs, milk and season with salt and pepper. Set aside.
5. Heat a small non-stick oven proof fry pan and fry off the sweet potato and chickpeas for 2 mins then add in the spring onions and spinach until wilted. Arrange the duck slices throughout the pan and then pour over the egg mixture.
6. Place the frittata in the oven and cook for 10 mins. Top with more spring onions to serve.