



DUCK & ASPARAGUS RISOTTO

Difficulty: Easy

Serves: 4

Prep: 20 minutes

Cooking: 30 minutes



INGREDIENTS

380g Luv-a-Duck Fresh Duck Breasts

2 cups chicken stock

2 Tbsp olive oil

1 small brown onion, diced

2 tsp garlic, crushed

2/3 cup arborio rice

1/2 cup white wine

2 bunches asparagus, trimmed and cut into three

1/3 cup grated Parmesan cheese

Freshly ground black pepper

METHOD

1. Bring stock to the boil in a saucepan, reduce the heat and hold at a simmer.
2. Heat oil in a medium pot over moderate heat and cook onion and garlic for 5 minutes or until soft. Add rice, stirring to coat the grains and toast for 1 minute or until rice is translucent. Pour in wine and simmer until almost evaporated. Stir in the stock, one ladleful at a time, allowing each to be absorbed before adding the next. Continue to cook, stirring constantly, for 20-25 minutes or until al dente. Add an extra ladle of stock with the asparagus and cook for 2 minutes until tender. Stir in Parmesan cheese and season with black pepper.
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. Spoon risotto into serving bowls and top with sliced duck, shaved Parmesan and extra black pepper.

Recipe by Shelley Judge