



DUCK BREAST SALAD WRAP

THIS WRAP TICKS PLENTY OF NUTRITION BOXES WITH AVOCADO AND PUMPKIN SEEDS FOR HEALTHY FATS, DUCK AND YOGHURT FOR PROTEIN, WHOLEGRAIN WRAP FOR CARBOHYDRATES AND PLENTY OF SALAD FOR VEGETABLES.

Difficulty: Easy

Serves: 2

Prep: 10 mins

Cooking: 10 mins



INGREDIENTS

1 pack Luv-A-Duck Skinless Duck Breast 260g
1 Tbsp extra virgin olive oil
Salt and pepper, to taste
2 wholegrain wraps
½ avocado, peeled and thinly sliced
1 raw carrot, cut into ribbons
1/4 red onion, thinly sliced
1 roma tomato, diced
1 cup baby spinach leaves
2 Tbsp pumpkin seeds
¼ cup tzatziki

METHOD

1. Preheat the oven to 180°C.
2. Heat oil in a fry pan on high heat. Season the duck with salt and pepper. Add Duck breasts to the pan and cook for 3min, and then flip and cook for another 3min on the other side. Place duck on an oven proof tray and roast for 10 min. Remove duck from pan and cover with alfoil, resting duck for 10 mins before thinly slicing.
3. Load wrap up with salad ingredients, then drizzle with tzatziki and pumpkin seeds, finally layer on sliced duck.