

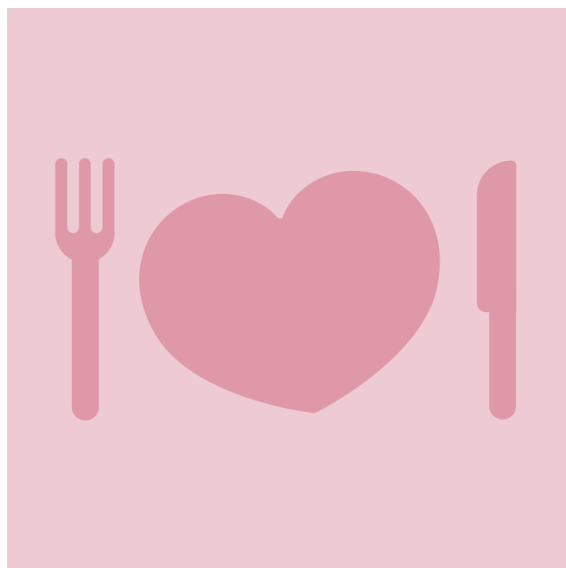


<https://www.luvaduck.com.au/recipes/view/duck-breast-with-roasted-beetroot-and-orange-salad/>

DUCK BREAST WITH ROASTED BEETROOT AND ORANGE SALAD

Difficulty: Easy

Serves: 4



INGREDIENTS

2 Luv-a-Duck Fresh Duck Breasts
8 baby beetroots
2 oranges, peeled and segmented
1/2 tsp French mustard
3 1/2 tbsp olive oil
1 tbsp orange juice
Sea salt & freshly ground black pepper

Salad dressing

Make a salad dressing by whisking together 3 tsp olive oil the French mustard and the orange juice, and season with flakes of salt and a twist of pepper.

METHOD

1. Trim the leaves off the top of the beetroot, rinse the beetroot in cold water and place in a large saucepan and cover with cold water.
2. Bring to the boil turn down to simmer and cook approx 30-40 mins or until tender.
3. When cooked, cool under cold running water while removing the skins with your hands and leave to drain.
4. Cut the beetroots into quarters and heat a suitable oven dish, add the olive oil and when hot add the beetroot and place in a hot oven for 15-20 mins.
5. Using a sharp knife score the skin of the duck evenly about four or five times. Season with salt and pepper.
6. Heat a pan until you can feel moderate heat coming off it. Place the duck breasts skin side down and cook for 5 minutes until the skin is golden and all the fat is rendered out.
7. Turn over and cook for 2 minutes and then place into a 190°C for approximately 8 minutes.
8. When cooked remove from the pan and rest them for at least 5 minutes before slicing.
9. When the beetroot is cooked remove from the oven toss with the wedges of orange in the dressing and serve with the duck breast on top.

CHEF'S TIPS

If you want the skin to be crisper dab the breast with kitchen paper and place under a hot grill and dab again with kitchen towel.