



# ROASTED DUCK BREAST WITH ROASTED PUMPKIN AND ORANGE SALAD

PERFECT FOR CHRISTMAS!



**Difficulty:** Easy

## INGREDIENTS

- 4x Luv-a-Duck Fresh Duck breast
- ½ kent pumpkin
- 1 tsp cumin
- Olive oil
- 2 tbsp orange juice
- 2 tbsp white wine vinegar
- 1 tsp Dijon mustard
- 4 tbsp olive oil
- 500g mescaline
- 1 orange, cut into segments
- 100g goat fetta
- Salt and pepper

## METHOD

1. Pre heat oven to 180 degrees.
2. For the pumpkin, cut into 8 wedges, removing any seeds from the centre. Place onto a lined baking tray and sprinkle with cumin, olive oil, salt and pepper to coat evenly. Place into the oven to roast for approximately 40 minutes until golden and soft to touch.
3. For the duck, gently score the skin removing excess fat, remove any sinew from the flesh as necessary. Season with salt and pepper
4. Place into a fry pan on a medium heat skin side down, Rendering the fat until it is golden and crispy, flip over and cook for a further 2 minutes on the flesh. Place onto a wire rack and into the oven for 4-5 minutes. Once cooked, remove from the oven and rest for a further 5 minutes. .
5. Meanwhile to make the dressing, place the orange juice, white wine vinegar, Dijon mustard, olive oil, salt and pepper into a bowl and whisk well to emulsify.
6. Dress mescaline salad with dressing, toss in the orange segments and sprinkle over goats fetta.
7. Slice the duck breast into thin slices and serve with 2 wedges of pumpkin and orange salad.