



<https://www.luvaduck.com.au/recipes/view/duck-nicoise-salad/>

DUCK NICOISE SALAD

Difficulty: Easy

Serves: 4

Prep: 15

Cooking: 40



INGREDIENTS

4 Luv-a-duck Fresh Duck Breasts
400 g kipfler potatoes
200 g green beans, topped and tailed
4 large ripe tomatoes, cut into wedges
100 g good quality pitted olives, torn
4 hardboiled eggs, cut into ¼
½ tin Ortiz anchovies, cut into 3 lengthways
2 baby cos hearts, washed and torn
1/3 cup extra virgin olive oil
¼ cup chardonnay vinegar
1 Tblsp. Dijon mustard
salt and pepper to taste

METHOD

To cook the duck breasts

1. Preheat oven to 180°C
2. Score the skin of the duck breasts with a sharp knife in a criss cross shape, taking care not to cut the flesh.
3. Season both sides of the breasts with salt and place skin side down in a cold pan on a low heat. Cook slowly for 9–10 minutes or until the fat has rendered from the skin, leaving it golden brown and crispy.
4. Turn the duck breasts over and increase the heat to sear the flesh side, just so it's coloured, not to form a crust – approximately 1 minute.
5. Turn them over again and place them in the oven for 3 minutes. Remove the breasts from the oven and rest in a warm place for a few minutes.

For the dressing

6. Whisk together the olive oil, chardonnay vinegar and Dijon till well combined.
7. Add salt and pepper to taste. Set aside until assembling dish together.

For the salad

8. Place the potatoes in a medium pot and cover with cold water and add a good pinch of salt.
9. Bring them up to the boil and then turn the heat down to a simmer and cook the potatoes until tender.
10. Take them out and allow to cool at room temperature. Once cool cut into rounds to serve. Keep the water
11. Bring the water back up to the boil and add the beans. Boil them for 2 minutes, still keeping their crunch. Take them out and place in ice cold water to chill.
12. In a large bowl, mix the potatoes, beans, tomatoes, cos and olives. Slowly add the dressing until you reach the desired consistency you wish to have. Gently toss the salad with your hands so you don't break it all up.

To serve

13. Slice the duck as fine or as thick as you like.
14. Arrange the salad on your desired serving platter or plate individually.
15. Place pieces of the duck on top along with the eggs and anchovies.
16. You can add more of the dressing on top if desired to coat the egg and duck.
17. A light sprinkle of salt or crack of pepper all over would finish it off