



EASY DUCK A L'ORANGE

A simple way to enjoy a French inspired Classic!

Difficulty: Easy

Serves: 2

Prep: 15 mins

Cooking: 25 mins



INGREDIENTS

- 1 x 380g Luv-A-Duck Fresh Duck Breasts
- Juice and zest of one large orange (½ cup juice)
- ¼ cup honey
- 1 Tbsp white wine vinegar
- ½ tsp sea salt flakes
- 1 Tbsp cornflour
- 1 cup of duck or chicken stock
- 2 Tbsp butter
- Roasted potatoes, to serve
- Steamed green beans, to serve

METHOD

1. Place orange juice and honey into a small saucepan and simmer on medium heat, stirring to dissolve and combine. Simmer for 5-6 mins until the volume has reduced by half and thickened to a dark toffee colour.
2. Add ¾ cup of stock, one tablespoon butter, salt, vinegar and orange zest. Stir to combine and reduce heat to low.
3. Mix remaining ¼ cup stock with cornflour in a cup to create a slurry. Pour into saucepan and stir slowly while cooking to thicken. This will take a couple of minutes. Once thickened to your desired consistency, taste for seasoning and add additional salt if needed. Remove from heat and set aside.
4. Pre-heat oven to 180°C. Heat a frypan on medium-high heat. Add 1 Tbsp butter to melt. Place duck breasts skin down into pan. Cook for 4 mins then turn for a further minute. Then place duck into the oven for 8-10 mins on a lined baking tray or in the frypan if oven-safe.
5. Rest duck for at least 5 mins then slice and serve with potatoes and beans. Dress with orange sauce.