



FRESH DUCK BREAST WITH GRILLED PEACHES AND TART CHERRY SAUCE

For a quick and easy meal, try our fresh breast and serve with a fresh salad and add a bit of tartness with cherry and balsamic sauce. Serve with grilled peaches and pomegranate. Perfect for Christmas but excellent all year round!



Difficulty: Easy

Serves: 4

Prep: 5 minutes

Cooking: 15-20 minutes, depending on choice of cooking method

INGREDIENTS

Duck

- 4 Luv-a-Duck Fresh Duck Breasts

Salad

- 1 tbsp olive oil
- 2 peaches, quartered and stone removed
- 150gm rocket leaves
- 75gm edamame beans
- 80gm pomegranate arils
- 100ml avocado oil to dress
- Salt and pepper to taste

Cherry Sauce

- 150gm cherry conserve
- 2 tbsp pomegranate molasses
- 1 teas fresh thyme leaves

METHOD

1. Preheat oven to 190°C.
2. Pat duck breasts dry, score skin, and season.
3. Cook skin-side down in a heated pan (no extra oil) for 4 minutes until golden. Flip and sear flesh side for 2 minutes, then return to skin side and roast in the oven for 4-6 minutes. Rest for 5 minutes.
4. Meanwhile, create the salad by heating a grill plate on medium. Coat the peach quarters in the olive oil and grill. Set aside to cool slightly.
5. Make the cherry sauce by placing ingredients in a small saucepan to heat through on low heat.
6. Assemble salad with rocket, edamame, pomegranate, and peaches. Slice duck breasts, place on top, and drizzle with cherry sauce and avocado oil.
7. Serve the salad with rocket, edamame, pomegranate, and peaches. Slice duck breasts, place on top, and drizzle with cherry sauce and avocado oil.

CHEF'S TIPS

Use a heated tray in the oven if you don't have an ovenproof pan.