



GARLIC THYME BRAISED DUCK LEGS WITH FRESH ROCKET SALAD

Difficulty: Easy

Serves: 4

Prep: 10 mins

Cooking: 2 hours



INGREDIENTS

2 packs x 440g Luv-a-Duck Fresh Duck Legs
6 garlic cloves, whole
6 sprigs thyme
3 Tbsp extra virgin olive oil
1 cup chicken stock
½ cup white wine
6 new potatoes, quartered
100g rocket
50 parmesan, thinly shaved
½ cup walnut, lightly toasted

METHOD

1. Preheat the oven 170°C. Heat a fry pan on medium heat. Season Duck with salt and pepper and place in the pan skin side down. Cook for 3-4 mins until skin begins to render and becomes golden brown. Place duck legs skin side up on a baking tray.
2. Spread the whole garlic cloves, potatoes and thyme around the tray and drizzle over 2 Tbsp oil, chicken stock and white wine. Cover the baking tray tightly with aluminium foil and then cook in the oven for 1 hr 40 mins. Remove the foil and then return to the oven for 20 mins.
3. Meanwhile prepare the fresh rocket salad. Combine the rocket, parmesan and walnuts in a bowl and drizzle with remaining olive oil.
4. Allow Duck to rest for 5 mins before serving with salad.