



# GREEN DUCK LENTIL CURRY

A CURRY IS A GREAT WAY TO BOOST YOUR LEGUME INTAKE WITH LENTILS COUNTING AS A VEGETABLE SERVE. THE LEAN DUCK MEAT, EXTRA VIRGIN OLIVE OIL AND CHOICE OF LIGHT COCONUT MILK MAKE THIS A NUTRITIOUS CURRY TO ENJOY.

**Difficulty:** Easy  
**Serves:** 2  
**Prep:** 10 mins  
**Cooking:** 20 mins



## INGREDIENTS

1 pack Luv-A-Duck Skinless Duck Breast 260g  
1 Tbsp extra virgin olive oil  
2 Tbsp green curry paste  
400mL light coconut milk  
200g tin brown lentils  
100g snow peas  
100g broccolini  
250g brown rice, cooked  
1 lime, quartered

## METHOD

1. Preheat the oven to 180°C.
2. Heat half the oil in a fry pan on high heat. Add duck breasts to the pan and cook for 3 mins, and then flip and cook for another 3 mins on the other side.
3. Place duck on an oven proof tray and roast for 10 mins. Remove duck from pan and cover with alfoil, resting duck for 10 mins before thinly slicing.  
Meanwhile prepare the curry sauce. Heat remaining oil in a large wok or fry pan. Fry off the curry paste for 30 secs until fragrant then add in the coconut milk and 1 cup of water. Bring to the boil and then reduce to a simmer. Add in the brown lentils, snow peas and broccolini and simmer for 7 mins.
4. Arrange the duck on a large plate and then top with the green curry and vegetables. Serve with brown rice and a wedge of lime.