



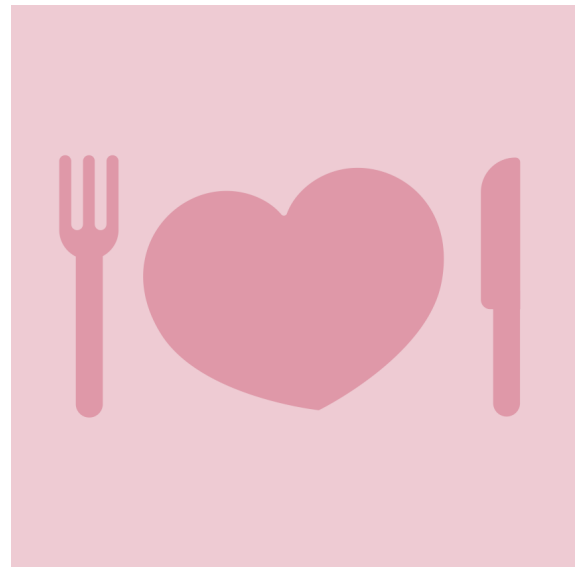
GRILLED DUCK WITH ORANGE, PISTACHIOS AND COUSCOUS

FROM EVERYDAY GOURMET WITH JUSTINE SCHOFIELD

Difficulty: Easy

Serves: 4

Cooking: 35 - 40 minutes



INGREDIENTS

1 cup couscous
1 cup Duck Stock
4 x Luv-A-Duck, Fresh Duck Breasts
3 oranges, 2 x zested & juiced, 1 x segmented
3 tbsp. olive oil
¼ cup pistachio kernels, roughly chopped
1 bunch watercress, leaves picked
1 cup mint leaves
200g persian feta
3 tbs white balsamic vinegar
Salt and pepper

METHOD

1. Place the couscous and 1 tablespoon of olive oil into a bowl.
2. Heat the duck stock and add to the bowl and stir 3 times. Cover the bowl with cling wrap and set aside.
3. Preheat the oven to 180°C. Take an ovenproof pan and heat on medium.
4. Season the duck and place in the pan skin side down. Cook for 4 to 5 mins, until most of the fat has rendered down and skin is crispy.
5. Turn the duck over and cook for a further 1 minute.
6. Place pan into the oven and cook duck for a further 5 mins.
7. Remove the duck from the oven and pour orange juice over the top and cover the pan with foil. Set aside, allowing the duck to rest.
8. To make the salad, take a bowl, add couscous, orange zest, pistachios, mint, watercress leaves and crumble in the feta. Season with salt and pepper.
9. In a small bowl mix together balsamic and remaining olive oil (3 tbsp).
10. Pour over salad and mix softly.
11. Evenly distribute salad over 4 plates and finish by slicing the duck breasts and placing on top.