



HONEY GLAZED DUCK WITH SUMMER ROAST VEG SALAD

Difficulty: Easy

Serves: 6

Prep: 15 mins

Cooking: 2 hours



INGREDIENTS

2kg Luv-A-Duck Whole Duck
Salt and pepper
2 Tbsp. honey
1 orange
500g Butternut pumpkin, peeled,
cubed
½ Red onion, thinly sliced
250g cherry tomatoes
200g spinach
1 pomegranate

METHOD

1. Preheat the oven to 200°C.
2. Use a small sharp knife to score the skin of the duck. Be careful not to cut through to the flesh. Place the duck into a large baking tray or cast iron pot.
3. In a small bowl combine the honey, orange and salt and pepper. Use a pastry brush to coat the duck with half the mixture. Place in the oven and bake for 1 hour.
4. Remove from the oven and spread the pumpkin around the edge of the duck, then coat the duck with the remaining orange sauce. Return to the oven for a further 1 hour then remove duck from the oven and let sit for 10 minutes.
5. To prepare the salad, combine the spinach, cherry tomatoes, pomegranate seeds and pumpkin in a bowl. Serve with the duck.

CHEF'S TIPS

Recipe by Shelley Judge