



ONE TRAY DUCK BREASTS WITH ROASTED VEGETABLES

Difficulty: Easy

Serves: 2

Prep: 1 hr

Cooking: 20 mins



INGREDIENTS

1. 2 fresh duck breast fillets, skin on, seasoned
2. ½ small red cabbage, sliced into 2-3cm wedges
3. 1 spanish onion, thinly cut wedges
4. ½ tablespoon cumin seeds
5. 60ml morella cherry juice, from jar
6. 40 ml red wine vinegar
7. 40 ml olive oil, extra to serve
8. Salt and pepper to taste
9. 1 cup pitted morello cherries
10. 1 tin cannellini beans, drained
11. ½ cup pot set plain yoghurt
12. 1 garlic clove
13. 1 lemon, juiced

METHOD

1. Preheat the oven to 200°C fan. In a 30cm deep baking dish add red cabbage, spanish onion, cumin seeds, morello cherry liquid, red wine vinegar, olive oil, salt and pepper.
2. Cover with foil to seal and place in the oven for 40 minutes. Meanwhile, pat dry the duck breasts and score in a diamond pattern. Sprinkle salt and pepper onto the skin and set aside at room temperature.
3. Meanwhile add the beans, yoghurt, garlic, lemon juice, salt and pepper to a blender and blitz until smooth.
4. Take the baking tray from the oven, remove the foil and add the morello cherries. Place duck breasts on top of the vegetables. Place back in the oven for another 10 minutes.
5. Switch to grill setting and grill the duck skin for 5 minutes or until golden and crispy.
6. Remove from the oven and rest for 10 minutes. Slice the duck breast into pieces. On a serving platter add white bean puree and vegetables onto the base with pieces of duck placed on top.
7. Drizzle the liquid from the pan over the top and add extra salt and pepper to taste.

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