

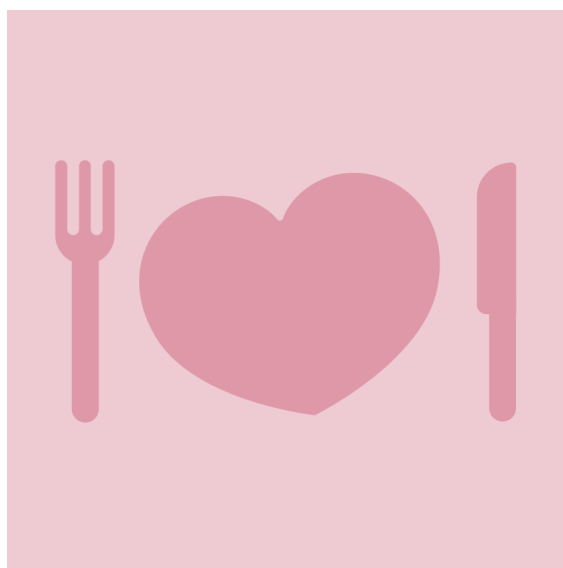


ORANGE SALAD

This is a nice simple salad that goes very well with duck.

Difficulty: Easy

Serves: 4-6 as a salad



INGREDIENTS

4 oranges
1 iceberg lettuce, cut into wedges
2 tbsp olive oil
1 tsp grain mustard
Salt & freshly ground pepper

METHOD

1. Finely grate the zest of one orange then cut in half and juice it.
2. Peel the other three oranges with a sharp knife and slice them.
3. Make a dressing by mixing the olive oil and mustard with the juice and zest and season with a little salt and pepper.
4. Toss the oranges with the dressing just before serving and arrange on top of the wedges of iceberg lettuce.

CHEF'S TIPS

There are lots of different oranges available today and blood oranges would work very well with this salad.