



# RED WINE BRAISE DUCK BREAST WITH FRENCH LENTILS

Delicious French inspired recipe, Red Wine Braise Duck Breast with French lentils

**Difficulty:** Easy

**Serves:** 2

**Prep:** 10 mins

**Cooking:** 30 mins



## INGREDIENTS

- 1 x 380g Luv-A-Duck Fresh Duck Breasts
- 2 Garlic Cloves Crushed
- 1 small onion, finely chopped
- 2 medium carrots, finely chopped
- 1 cup red wine
- 1 cup chicken stock
- 4 sprigs thyme
- 400g tin Brown Lentils (Puy Lentils)
- Salt and pepper, to taste

## METHOD

Remove the duck from the fridge 30 mins before cooking to allow it to come to room temperature. Before cooking pat down the skin with a paper towel and generously salt the skin.

Place the duck skin down on a cold cast iron pan and then place on medium heat, this allows for the fat to render. Leave on heat for 5 mins. Add in the garlic, onion and carrot to the pan, cooking for a further 2 mins. Turn the duck over and then add in the red wine, stock, thyme, salt and pepper. Cook for a further 6 mins (or until duck is 68°C inside). Remove the duck and cover with alfoil to allow it to rest. Add in the lentil to the pan and bring to a boil, then reduce to a simmer for 10 mins.

Slice the duck and serve on a bed of lentils.