



ROAST DUCK BREAST, BRIE, PEAR & HONEY SALAD

Delicious French inspired duck recipe

Difficulty: Easy

Serves: 2

Prep: 10 mins

Cooking: 15 mins



INGREDIENTS

- 1 x 380g Luv-A-Duck Fresh Duck Breasts
- Salt and pepper, to taste
- 125g round Brie Cheese
- 1 Bosc Pear
- 60g Rocket
- ¼ cup Walnuts, toasted and roughly chopped

Dressing:

- 1 Tbsp Honey
- ¼ cup Extra Virgin Olive oil
- 2 Tbsp Balsamic Vinegar

METHOD

Preheat the oven to 190°C and line a baking tray. Season the duck with salt and pepper.

Place the duck skin down into a cold pan, and then place on medium heat on the stove top. Cook for 6-8 mins to allow the fat to render. Then remove the duck and place it on the baking tray and roast for 8-10min. Remove from the oven and allow to rest for 10 mins.

Make the dressing by combining the honey, olive oil and balsamic vinegar in a jar with an airtight lid, shake the jar for 1 min to emulsify the mixture.

Meanwhile thinly slice the pear and brie. Place the pear, brie, walnuts, rocket into a bowl. Slice the duck and add into the salad. Drizzle dressing over the top.