



ROAST DUCK BREAST WITH MIXED RICE AND CRANBERRY SAUCE

Serve our delicious Luv-a-Duck Roast Duck Breast on a bed of mixed rice and a drizzle of tart cranberry and thyme sauce. A quick and delicious lunch or dinner. Perfect for Christmas!



Difficulty: Easy

Serves: 2

Prep: 10 minutes

Cooking: 15–20 minutes, depending on choice of cooking method

INGREDIENTS

Duck

- 2 Luv-a-Duck Roast Duck Breasts

Mixed Rice

- 1 tbsp olive oil
- 1 small brown onion, peeled and finely diced
- 1 large clove garlic, crushed
- 250g prepared mixed rice blend (red, brown and wild rice used)
- Salt and pepper to taste
- 2 tbsp parsley leaves finely chopped

Cranberry Sauce

- 150gm whole berry cranberry sauce
- 1 tbsp balsamic glaze
- 2 teas thyme leaves
- Garnish with chopped fresh parsley

METHOD

1. To make the rice, heat olive oil in a large fry pan. Sauté onions and garlic on medium heat until onion and garlic have softened but not browned.
2. Add the cooked rice and stir to heat through. Add the parsley, remove from the heat and set aside in a serving bowl. Cover to keep warm until ready to serve.
3. Cook the Luv-a-Duck Roast Breast per your choice of packet instructions.
4. Meanwhile, make the cranberry sauce by placing ingredients in a small saucepan to heat through on low heat. Keep warm until ready to serve.
5. To serve, divide the rice mix on serving plates, top with the breasts and add a drizzle of the warm cherry sauce.
6. Garnish with fresh chopped parsley leaves and extra sauce on the side.

CHEF'S TIPS

Add a fresh tomato salad and pan caramelized cauliflower.