



ROAST HALF DUCK WITH ROAST VEGETABLES SALAD

Difficulty: Easy

Serves: 2-4

Prep: 20 mins

Cooking: 30 mins



INGREDIENTS

- 1 Slow Cooked Roast Half Duck
- 8 Baby Beetroot (leaves still attached)
- 1 tbsp fennel seeds
- 2 tbsp olive oil
- 12 Dutch carrots (baby)
- 2 bunch of Asparagus
- 1 bunch spring onions(whites cut into 4cm lengths)
- 1 orange (rind and juice)
- 1/3 cup extra virgin olive oil
- Salt and pepper

METHOD

1. Preheat oven 180 degrees Celcius. Trim beetroots leaves 2cm from the top of beetroots, washing and reserving for salad. Scrub beets to remove grit and dirt. Mix 1 tablespoon of oil with beets and fennel seeds. Place in a foil parcel and bake for 30 minutes or until tender. Leave to cool, then cut beets in half .
2. Wash and trim carrots. Place in a roasting pan lined with baking paper
3. Drizzle with a little oil, season. Bake for 15 minutes or until tender.
4. Add the spring onion batons, cook for a further 3 mins. Allow to cool.
5. Blanch of asparagus in boiling water for 2 minutes, refresh in cold water.
6. Prepare/Cook Duck to instructions on pack.
7. Using a glass jar with lid, combine orange rind , juice, EV oil, salt and pepper. Shake well.
8. To assemble: Wash and dry reserved beetroot leaves, add to a bowl along with warm carrots, asparagus spears, spring onions and beetroot halves.
9. Pour over dressing and gently mix through. Serve salad alongside, hot roasted duck.