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# ROASTED DUCK BREAST WITH FIG SALAD



**Difficulty:** Easy

**Serves:** 4-6

**Cooking:** 30 minutes

## INGREDIENTS

4 Luv-a-Duck Moisture Infused Duck Breast

### Sauce

1/4 cup brown sugar  
Finely grated zest and juice of 2 oranges  
1 tbs Tamari sauce  
1/2 cup Duck Stock (can be updated with chicken stock)  
1/3 cup Fig jam

### Salad Dressing

2 tbs Raspberry Vinegar  
1/4 cup (60ml) olive oil  
1 Blood Orange

### Fig, Quinoa & Seed Salad

2 oranges  
2 Red Oak, leaves separated, torn if large  
½ bunch watercress  
1 tbsp Toasted Pumpkin seeds  
1 tbsp Toasted Sunflower seeds  
1/4 cup chopped chives-batons  
1/4 cup mint leaves, roughly torn  
1/4 cup flat-leaf parsley, roughly chopped  
1/3 cup 3 colour Quinoa – cooked per instructions  
1/3 cup Shaved Pecorino  
1 Fresh Fig- sliced

## METHOD

### To make sauce:

1. Place sugar and 1/2 cup Verjuice in a saucepan over low heat and simmer until sugar dissolves. Add citrus zest and juice, Tamari, stock and 2 tbs jam. Return to the boil, reduce heat to low and simmer for 2-3 minutes until syrupy, then set aside.

### To cook duck:

2. Pre-heat oven to 190°C.
3. Score the duck skin, season well and place, skin-side down in a warm frypan. Place the pan over medium-low heat, and then cook for 5-6 minutes until the fat has rendered and the skin is golden. Place, skin-side up, on a baking tray and brush with remaining 2 tbs marmalade. Bake in oven at 190°C for 5 minutes for medium-rare or until cooked to your liking, then rest for 5 minutes.
4. Add the resting juices from the duck to the sauce and gently reheat.

### To make the salad dressing:

5. Whisk together the vinegar, oil and finely grated zest and juice of 1 orange. Season.

### To make the orange salad:

6. Peel and segment remaining 2 oranges and combine with the remaining salad ingredients. Toss with dressing. Slice the duck and serve with the salad and sauce. Finish with sauce.

### CHEF'S TIPS

This recipe can be created with Luv-a-Duck's Fresh Duck Breasts.