



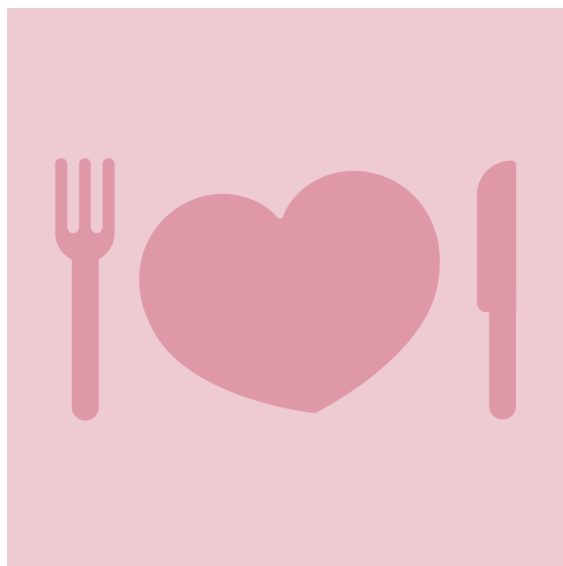
<https://www.luvaduck.com.au/recipes/view/rustic-duck-breast-salad/>

RUSTIC DUCK BREAST SALAD

Bursting with flavours and colours!

Difficulty: Easy

Serves: 4-6



INGREDIENTS

3 Luv-a-Duck Fresh Duck Breasts
200g butternut pumpkin, peeled and chopped into 2cm cubes
2 potatoes, peeled and chopped into 2cm cubes
1 capsicum, seeded and cut into large pieces
1 onion, peeled and cut into 8
100g button mushrooms, quartered
1 whole beetroot, peeled and cut into eights
1 parsnip, peeled and cut into 6
6 garlic cloves, peeled
1 stalk rosemary, leaves removed
Salt and pepper to taste
Olive or canola oil spray
1 bunch English spinach leaves, washed and drained, add just before serving

METHOD

Vegetables

1. Combine all the vegetables and herbs in a large oven tray, coat with the olive oil or spray. Do not overload the trays – use 2 if necessary.
2. Cook in a pre-heated oven at 180°C for 35 minutes, or until cooked and golden.

Duck

1. Preheat the oven to 190 degrees.
2. Score the skin and season with salt and pepper.
3. Heat a pan until you can feel moderate heat coming off it. Place the duck, skin side down into the pan for 5 minutes until golden. Turn the duck breast over and cook for 2 minutes.
4. Place the duck in a roasting tray and cook in the oven for 8 minutes. Remove the duck and let this rest for at least 5 minutes before slicing into it.

To assemble

1. Slice the duck breast and add to the roasted vegetables, add the spinach leaves.
2. Mix well to combine, drizzle with some of the remaining oil and juices from the duck and serve on your favorite platter.

CHEF'S TIPS

You could also drizzle some pesto or lemon mayonnaise over the top if desired.