



SHREDDED A L'ORANGE DUCK SALAD WITH CANDIED WALNUTS

Difficulty: Easy

Serves: 2

Prep: 5 mins

Cooking: 15 mins



INGREDIENTS

1 pack x 500g Luv-a-Duck A L'Orange Duck Legs
½ cup walnuts
3 Tbsp maple syrup
Juice of 1 lemon
60g rocket
½ red onion, thinly sliced
¼ cup dried cranberries
100g green beans, thinly sliced
75g Danish feta
¼ cup extra virgin olive oil
1 tsp mustard

METHOD

1. Remove outer label from the pack of A L'Orange Duck Legs (do not peel off or puncture the plastic film) and microwave on HIGH for 3½ mins. Remove the tray from the microwave and allow to rest for 1 min. Peel off film and allow to cool slightly. Use two forks to shred the duck meat off of the bone.
2. Heat a small fry pan, combine the 2 Tbsp maple and ½ the lemon juice and bring to the boil. Then add in walnuts and cook for a few minutes until toasted and sticky.
3. Combine the rocket, red onions, dried cranberries, green beans, candied walnuts, shredded duck and feta in a bowl.
4. Combine the mustard, remaining maple syrup, remaining lemon juice and oil in a bowl. Then drizzle over salad.