



# SKINLESS DUCK BREAST ON QUINOA TABOULI

A DELICIOUS COMBINATION OF PROTEINS WITH LEAN DUCK BREAST AND QUINOA. QUINOA IS A SEED WHICH MAKES IT GLUTEN FREE AND HIGHER IN PROTEIN THAN A GRAIN.

**Difficulty:** Easy  
**Serves:** 2  
**Prep:** 10 mins  
**Cooking:** 20 mins



## INGREDIENTS

1 pack Luv-A-Duck Skinless Duck Breast 260g  
1 Tbsp Extra Virgin Olive oil  
Salt and pepper, to taste  
1 cup mixed quinoa  
2 Roma tomatoes, diced  
1 Lebanese Cucumber  
½ Red onion, diced  
1 bunch Parsley, finely chopped  
3 Tbsp Lemon juice  
3 Tbsp Extra Virgin Olive oil

## METHOD

1. Preheat the oven to 180°C.
2. Heat oil in a fry pan on high heat. Season the duck with salt and pepper. Add Duck breasts to the pan and cook for 3min, and then flip and cook for another 3min on the other side. Place duck on an oven proof tray and roast for 10 min. Remove duck from pan and cover with alfoil, resting duck for 10 mins before thinly slicing.
3. Cook quinoa as per packet instructions. Then allow to cool slightly before combining in a large bowl with tomato, cucumber, onion and parsley. Finally dress with lemon juice and oil.
4. Serve with thinly sliced duck.