



SMOKED DUCK BREAST WITH ROASTED FIG AND CARAMELISED WALNUTS.

Difficulty: Easy
Serves: 4
Cooking: 1 hour



INGREDIENTS

4 Luv-a-Duck Smoked Duck Breasts
6 figs, cut in half lengthways
2 tablespoons honey
1 orange, juiced
1 cup walnuts
2 tablespoons golden syrup
1 tablespoon white sugar
1 teaspoon salt
200 g fresh ricotta
150g goats cheese
200 g watercress
1 cup cooked broad beans

Lemon dressing

1 tablespoon Dijon mustard
1/4 cup lemon juice
1 teaspoon finely grated lemon zest
1/2 cup olive oil

METHOD

1. Preheat the oven to 200°C.
2. Place the figs into a shallow baking tray lined with baking paper. Mix together honey and orange juice. Pour over the figs. Place in the oven and bake for 10 minutes or until sticky and soft. Leave to cool.
3. Turn oven down to 160°C.
4. Line a baking tray with baking paper and spray with nonstick spray. Combine walnuts, golden syrup, sugar and salt in medium bowl; toss to coat. Spread nut mixture on prepared tray. Bake until nuts are golden, stirring occasionally to break up clumps, about 15 minutes. Cool completely on baking sheet.
5. Place the ricotta and goat's cheese together in a small food processor and blend together. (This can also be mixed together in a large bowl with whisk)
6. Place the dressing ingredients together in a jar. Screw on the lid and shake together well.
7. Prepare the duck according to pack instructions. Slice the duck evenly and keep warm.
8. Divide the watercress, broad beans and figs between 4 plates, scatter over walnuts and dollops of the whipped cheese. Place slices of the smoked duck breast on top and drizzle with lemon dressing.