



Organic Duck Breast Salad

The perfect fresh and zesty recipe with a twist.

Serves: 2

Prepare: 10 Minutes

Cook: 15 Minutes

Difficulty: easy

Ingredients

- 2 [organic duck breast](#)
- 1 grapefruit
- 2 oranges
- 1 lemon
- 1 tbs rapeseed oil
- 1 tbs honey
- 100g salad leaves or rocket
- handful of mixed seeds
- 1 tbs brown sugar
- 50g parmesan

Method

1. Heat oven to 200°C/fan 180°C/gas 6. Score the skin of the organic duck breasts and season. Heat a non-stick frying pan over a high heat, add the duck, skin-side down, and cook for 4 mins or until the skin is crisp. Turn over and quickly brown the underside, then transfer to a baking tray
2. Roast the duck for 10 mins for pink, longer if you prefer. Remove from the oven and allow to rest for 4 mins, then slice into strips
3. Warm a pan over a medium heat. Peel and slice the citrus fruits and coat them in the sugar
4. Place the fruits in the pan and caramelize for roughly 2 minutes on each side until soft and sweet
5. In a small bowl whisk together honey, oil and juice from the lemon and voila! A simple salad dressing is easily complete
6. Place the salad leaves or rocket in a large bowl and toss through slices of the organic duck meat, the warm citrus segments and dress with the honey dressing
7. Begin to arrange your plate, the colours will look beautiful together! Finally, finish with a scattering of seeds alongside shavings of parmesan