

Orange Glazed Duck Breast with Kohlrabi and Lentils

At the Fresh Farm we love to create recipes that will make any home cook feel like a Michelin starred chef. We feel this recipe fits this brief brilliantly! Orange glazed duck with high end restaurant, but tonight you'll find it gracing your humble kitchen!



45 mins



4 of your



healthy



Kohlrabi (1)



Carrot (1)



Celery (1)



Red Onion (1)



Garlic Clove (1)



Flat Leaf Parsley (1 bunch)



Orange (1/2)



Green Lentils (100g)



Duck Breast (2)



Balsamic Vinegar (2 tbsp)



Chicken Stock Pot



Water (100ml)

2 PEOPLE INGREDIENTS

 Kohlrabi, chopped 	
 Carrot, chopped 	
· Celery, sliced	
• Red Onion, sliced	

,	
 Garlic Clove, grated 	
 Flat Leaf Parsley, chopped 	

	1
b	1 bunch

 Orange 	1/2
 Green Lentils 	100g
 Duck Breast 	2
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Balsamic vinegar	2
Chicken Stock Pot	1
Mahau	- 4

100ml

wash before cooking!
Did you know

Canada is the biggest producer of lentils in the world. It harvests 1.5 million metric tons per year.

Our fruit and veggies may need a little

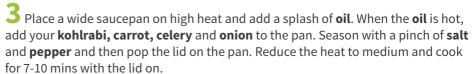
Allergens: Celery, Sulphites.

Energy			Salt	:
325 kcal / 1343 kJ				:
80 kcal / 331 kJ				:



Pre-heat your oven to 200 degrees. Peel the **kohlrabi**, remove the top and bottom and chop into 1cm pieces. Cut the top and bottom off the carrot, peel and then chop into 1cm pieces. Slice the **celery** widthways into strips ½cm wide. Cut the **red onion** in half through the root, peel and then slice into thin half moons. Peel and grate the garlic, roughly chop the parsley and zest and juice the orange.

Pop the **lentils** into a pot of cold water and put on high heat. When the water comes to the boil, reduce the heat to medium and let your **lentils** bubble away for 20 mins or until they are tender. When cooked, drain in a colander and allow to cool.





Next, prepare the **duck breasts** by scoring the skin gently in a criss cross pattern. Tip: Scoring the skin will help with melting the duck fat that is underneath the skin.

b When your veggies have been cooking for 7-10mins, remove the lid, add your garlic and balsamic vinegar and cook until your balsamic vinegar has evaporated. Add the **chicken stock pot** and the **water** (amount as specified in the ingredient list). Stir to dissolve the **stock pot** and then leave your **veggies** to simmer in the stock for 10 mins or until soft enough to eat.



Season each duck breast with a pinch of salt and a grind of black pepper. Put them skin-side down into a frying pan on medium heat. As the heat of the pan melts the duck fat under the skin, drain the fat into a bowl. Cook for 5-7 mins, until the skin is golden-brown and crispy.

Turn your duck over, brown the flesh side and add your orange juice and zest. Roll your duck around in the juice and then transfer to a baking tray. Roast for 5-7 mins if you like your duck pink. Roast for 10-12 mins if you like it well done.



When your **duck** is ready, remove from the oven and leave to rest on your chopping board for a couple of mins. When your veggies are cooked, add your drained lentils to the pan and heat until piping hot. Taste to make sure you are happy with the seasoning and add more **salt** and **pepper** if necessary.

Finish your **lentils** by stirring in your **parsley** and then spoon into deep bowls. Slice each **duck breast** into five slices and place on top. Drizzle over the juices from the baking tray. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!