

DUCK BREAST WITH FONDANT POTATO, BABY VEG & CRANBERRY SAUCE



A perfect main course dish that is full of rich flavours.



PREP TIME
10 MIN



COOK TIME
40 MIN



SERVINGS
4

Ingredients



- 4 duck breasts, trimmed
- 4 medium to large, rooster potatoes
- 200ml [Blenders Vegetable Bouillon](#), prepared
- 40g butter
- 100g baby carrots, topped and tailed
- 100g stem broccoli, trimmed
- 30g [Blenders Red Onion Relish](#)
- 30g [Blenders Cranberry Sauce](#)
- 120ml [Blenders Roast Gravy](#), prepared

Allergens

Contains Soyabeans, Milk, Celery, Mustard

Method

1. Peel the potatoes and using a cutter, form the fondants into cylindrical shapes. Allow 2 per person. Heat a pan and add a little oil and butter and cook the potatoes until golden brown on each side, reduce the heat to low and add the [vegetable stock](#). Cover the pan and cook on a low heat for 20 to 25 minutes.
2. Prep the duck by trimming any excess fat from the edges of the breasts. Place on a cold pan and add the breasts skin side down, gradually increase the heat, the oil will start to extract from the breasts. Turn the duck to cook on the opposite side for 2 to 3 minutes. Place into a pre-heated oven at 190°C for 7 to 8 minutes. Remove from the oven and allow to rest for 5 minutes.
3. Prepare the baby vegetables and gently boil in some salted water for 5 minutes and strain.
4. To prepare the sauce, make the [gravy](#) as per pack instructions. Reduce the heat and add the [Red Onion Relish](#) and [Cranberry Sauce](#). Allow to simmer for 7 to 8 minutes.
5. To plate, start with 2 tablespoons of sauce, add the sliced duck on top, add the fondant potatoes, vegetables and serve.

