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Duck Breast with Morello Cherry Sauce ▼

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Pan roasted Gressingham duck breast with red wine &amp; Morello cherry sauce served with Pomme Anna

**Serves 1**

Code	Description	Qty	Units	mise en place / Preparation
C 111077	Gressingham Skin On 2 Duck Breasts	1	ea	Score the skin 3 times
F 119386	Andros Morello Cherry High Fruit Compote	15	g	Defrost
F 128742	Brakes Beef and Red Wine Gravy	50	ml	
C 113874	Herb Bunched Thyme	1	g	Picked
F 121212	Pommes Anna	1	ea	Defrost
C 102655	Micro Garlic Chives	1	g	

**Allergens Contained in this recipe**

Celery	No	Sesame	No
Crustaceans	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
<b>Milk</b>	<b>Yes</b>	Oats	No
Molluscs	No	Rye	No
Mustard	No	<b>Spelt</b>	<b>Yes</b>
Nuts	No	Kamut	No
Peanuts	No	<b>Gluten</b>	<b>Yes</b>

**Method****Estimated Cooking Time: 0**

- 1 Heat a pan with a little oil, seal duck until golden brown, season & add thyme
- 2 Place in oven 200°C for approx. 8-10 mins until cooked pink, allow to rest
- 3 Place Anna potato on a tray, sprinkle with a little thyme & oven cook to core temp
- 4 Add gravy & compote to a pan bring to the boil season to taste
- 5 Place anna in the centre of plate, cut duck breast on the angle place on potato
- 6 Drizzle sauce around & over the duck
- 7 Garnish with the micro chives & serve

**Nutrition (pre-cooking)**

Energy per Portion (kcal)	130.5*
Energy per Portion (kj)	551.5*
Protein per Portion	3.3*
Carbohydrate per Portion	21.8*
Sugars per Portion	8*
Fat per Portion	3.1*
Saturates per Portion	1.3*
Fibre per Portion	0.9*
Salt Equivalent per Ptn	1*

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

This information is correct at the date published but is subject to change at any time and without notice. Check the product packaging for definitive information on allergens &amp; nutrition