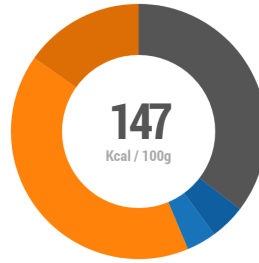


Confit Duck with Warm Lentil Salad

Crispy confit duck leg with a lentil, potato, sundried tomato & soya bean salad with mixed green vegetables

OVERVIEW ...



CALORIES:

8.3% Carbs

35.4% Protein

56.3% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



SOYA

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

151049 Gressingham Confit Duck Legs.. - BRAKES

151049 CONFIT DUCK LEGS

BRAKES 280g

1 x Each

unchanged

77904 Brakes Lentil, Semi Dried Tomato & Soya Bean Salad..

LENTIL, SUNBLAZE TOMATO & SOYA BEAN SALAD

BRAKES 75g

unchanged

132543 Pinguin Mix Green Vegetable Pouches.. - BRAKES

VEGETABLE PORTIONS

BRAKES 120g

1x Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 475g / 719kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost duck leg in its pouch

Method:

1. Place the duck in its pouch into a pan of water and bring to a boil, then reduce to a simmer
2. Reheat for approx. 8 mins or until core temperature is reached
NB. Put the duck leg under a hot grill for 1 min to crisp up the skin if desired
3. Reheat the lentil salad in microwave until core temperature is reached
4. Reheat veg pouch in a microwave on high power for 2mins
5. Plate the lentil salad & top with the veg mix
6. Place the crisped duck leg on top and serve immediately