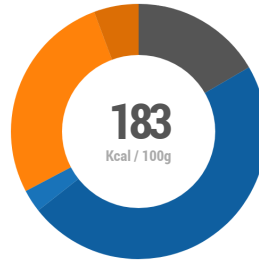


# Smoked Duck Salad

Smoked duck salad with fennel, orange, fig & caramelised nuts

OVERVIEW ...

801745



CALORIES:

50.7% Carbs

16.6% Protein

32.7% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



PECANS,  
PISTACHIOS

MAY CONTAIN:



HAZELNUTS,  
ALMONDS,  
CASHEWS,  
WALNUTS,  
BRAZIL NUTS,  
MACADAMIAS



PEANUTS



CELERY



MUSTARD



SESAME

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

150880 Kezie Hot Smoked Duck Breasts.. - BRAKES

150880 HOT SMOKED DUCK BREASTS

BRAKES **75g**

0.43 x Each

unchanged

118623 Pickled Fennel..

PICKLED FENNEL

BRAKES **25g**

unchanged

14945 Fresh Orange Segments (19 Oct 2023)..

FRESH ORANGE SEGMENTS

BRAKES **25g**

unchanged

10386 Figs (19 Oct 2023)..

FIGS

BRAKES **20g**

unchanged

8796 Brakes Pecan Nut halves.. - BRAKES

PECAN NUT

BRAKES **10g**

N/A

8823 Brakes Pistachio Kernels.. - BRAKES

PISTACHIO KERNELS

BRAKES **5g**

unchanged

350098 Tate & Lyle Caster Sugar 2kg.. - BRAKES

CASTER SUGAR 2KG

BRAKES **40g**

N/A

114206 Lambs Lettuce (19 Oct 2023)..

LETTUCE

BRAKES 10g

unchanged

4764 Brakes British Broad Beans..

BRITISH BROAD BEANS

BRAKES 15g

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



225g / 417kcal

# 1.0

SUSTAINABILITY & FOOTPRINT...

Component	Grade	Contribution
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Food Production

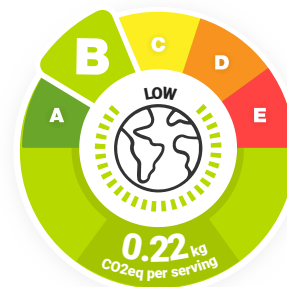
0.22kg

75.0g	150880 Kezie Hot Smoked Duck Breasts	B	0.12kg
25.0g	118623 Pickled Fennel	A	0.02kg
25.0g	14945 Fresh Orange Segments (19 Oct 2023)	A	0.01kg
20.0g	10386 Figs (19 Oct 2023)	A	0.01kg
10.0g	8796 Brakes Pecan Nut halves	B	0.02kg
5.00g	8823 Brakes Pistachio Kernels	A	0.00kg
40.0g	350098 Tate & Lyle Caster Sugar 2kg	A	0.01kg
10.0g	114206 Lambs Lettuce (19 Oct 2023)	B	0.03kg
15.0g	4764 Brakes British Broad Beans	A	0.01kg

Water Usage

218l

75.0g	150880 Kezie Hot Smoked Duck Breasts	X	-
25.0g	118623 Pickled Fennel	1	8.48l
25.0g	14945 Fresh Orange Segments (19 Oct 2023)	2	18.7l
20.0g	10386 Figs (19 Oct 2023)	5	67.0l
10.0g	8796 Brakes Pecan Nut halves	X	-
5.00g	8823 Brakes Pistachio Kernels	10	55.8l
40.0g	350098 Tate & Lyle Caster Sugar 2kg	2	35.7l
10.0g	114206 Lambs Lettuce (19 Oct 2023)	1	2.37l
15.0g	4764 Brakes British Broad Beans	5	30.3l



foodprint



64% Data Quality Score

Your Transport & Packaging:

1 Serving 225g (serves 1.0)

METHOD

**Preparation:**

Thinly slice the duck

Cut the fig into segments

Defrost the broad beans & remove outer skin

**Method:**

1. Put the sugar into a small pan and caramelise on a medium heat
2. Warm the nuts slightly then add to the caramelised sugar
3. Roll in the caramel then decant onto a papered tray to cool
4. In a bowl mix the fennel, orange and a little orange juice, figs, and broad beans
5. Arrange the salad onto a suitable dish and then add the slices of duck
6. Spoon over any remaining juices from the salad bowl
7. Garnish with the nuts and lambs lettuce - serve