



Duck with Pumpkin Mash & Parmesan Rocket Salad

Duck loves a sweet companion and it's going to tingle your tastebuds as you bite into its crispy skin with a smooth pumpkin puree. The light, classic combination of bitter rocket and Parmesan cuts through the richness as well, giving you a dinner that's sure to leave you feeling fancy.



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



nut free



low sodium

Pantry Items



Olive Oil



Balsamic Vinegar



Pumpkin



Duck Breast



Rocket Leaves



Parmesan Cheese

2P	4P	Ingredients
400 g	800 g	pumpkin, skin removed & chopped into 2 cm chunks
1 tbs	2 tbs	olive oil *
2 fillets	4 fillets	duck breast
1 bag	2 bags	rocket leaves, washed
½ block	1 block	Parmesan cheese, flaked (recommended amount)
2 tsp	1 tbs	balsamic vinegar *

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2960	Kj
Protein	25.7	g
Fat, total	55.3	g
-saturated	16.7	g
Carbohydrate	25.2	g
-sugars	21.4	g
Sodium	227	mg



You will need: chopping board, chef's knife, vegetable peeler, sieve, oven tray lined with baking paper, large bowl, potato masher or fork, ovenproof frying pan, tongs, paper towel, plate, aluminium foil and medium bowl.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **pumpkin** in half of the **olive oil** with **salt** and **pepper**. Place in a single layer on the prepared oven tray. Cook in the oven for **25 minutes**, or until tender. Transfer to a large bowl and mash well with a fork or potato masher. Season to taste with salt and pepper.



3 Heat an ovenproof frying pan over a medium heat. Pat the **duck breast** dry with paper towel, lightly score the skin in a crisscross pattern and season the skin with salt. Place the duck in the heated frying pan skin side down for **3-4 minutes**, or until the skin is golden (you don't need to add any oil). Turn and cook for a further **1 minute**. Transfer the frying pan to the oven for a further **8-10 minutes**, or until cooked to your liking (duck breast can be served pink). Transfer the duck to a plate and cover with foil to rest for **5 minutes**. Slice on an angle.

Tip: If you don't have an ovenproof frying pan, transfer the duck to a baking dish or oven tray.

4 Meanwhile, combine the **rocket leaves** and **Parmesan cheese** in a medium bowl. Drizzle with the remaining olive oil and the **balsamic vinegar**.

5 To serve, divide the pumpkin puree between plates. Top with the sliced duck breast and the rocket salad.

Did you know? Olive oil is excellent in reducing blood pressure due to its high oleic acid content.

