

Pan Fried Duck Breast with Braised Chicory



Serves 2

Prep 40 mins

Cooking 20 mins

Easy

Ingredients

2 duck breasts. skin scored
sunflower oil for frying
2 tsp white wine vinegar
splash olive oil
1 tbsp honey
juice 1/2 orange
1 orange, zest grated and blanched, flesh cut into segments
1 lime, zest grated and blanched
45g unsalted butter
2 heads chicory, leaves separated
2 tsp caster sugar

1. Season the scored duck breasts with salt and pepper. Heat the sunflower oil in a non-stick frying pan until hot, then add the duck breasts, skin-side down. Cook for 5-8 mins, then turn and cook for a further 5 mins on the other side - these will be pink so cook for longer if you prefer it more well done. Remove from the pan and leave to rest.
2. Drain the excess fat from the pan and return to the heat. Add the vinegar, a splash of oil and the honey, scraping the base of the pan to lift the sticky residue into the sauce. Add half the orange juice, the orange segments and the orange and lime zests, then whisk in half the butter.
3. In a separate frying pan, heat the remaining butter with a splash of oil and sauté the chicory leaves until softened. Season and add the caster sugar to caramelize the leaves
4. Slice the cooked duck breasts and serve with the chicory alongside, with orange sauce spooned over the top.