

SMOKED DUCK & BLOOD ORANGE Y POLYN SALAD

Smoked Duck recipe kindly given to us by the head chef at Y Polyn

Serves 2

Ingredients

- 1 Smoked Duck Breast, cut into slivers
- 1 Bag of Watercress, or your favourite Salad leaves
- 1 Blood orange
- 2cm preserved stem ginger
- 1 tbsp syrup from jar of stem ginger
- 4 spring onions
- 1 red onion
- 1 red chilli
- 1 handful of fennel
- 1 lemon
- 1 lime
- Fino Olive Oil



Take the stem ginger and syrup and stir this into the zest and juice of the blood orange, lemon and lime. Blitz in a food processor and pour in about 2/3 the quantity of the Fino Olive Oil.

Add the finely chopped chilli and spring onions.

Mix together the salad leaves, slivers of Smoked Duck, orange, red onion and fennel. Coat with dressing and, if needed, add a little more lemon.

Serve decoratively and enjoy!