

SMOKED DUCK WITH WILD RICE

Serves 6, as a starter or light lunch

Ingredients

170g [Smoked Duck Breast](#)

250g Rice (I like to use a mixture of Wild and Red Camargue rice) – cook & cool

150g Kale

2 Fresh Oranges (blood oranges are the best if in season) – peel, de-pith & segmented or sliced

2 Red Onions – peel and cut into wedges

[Fino Olive Oil](#)

2 Red Belgian Endives – sliced

[Halen Môn Sea Salt](#) and Black Pepper

Fresh Pomegranate Seeds

For the citrus dressing -

4 tbsp Fresh Orange Juice

3 tbsp [Fino Olive Oil](#)

1 tbsp [White Wine Vinegar](#)

1 tbsp [Balsamic Vinegar](#)

[Halen Môn Sea Salt](#) and Black Pepper



Drizzle the onion wedges with [Fino Olive Oil](#) and lightly roast or grill, season with [Halen Môn Sea Salt](#) and freshly ground black pepper and leave to cool.

Remove the skin from the [Smoked Duck Breast](#). Score the skin, lightly season and pop under the grill until crispy and then leave to cool.

Slice the [Smoked Duck Breast](#) very thinly and mix all the dressing ingredients together in a jug.

Finally, compile the salad ingredients on a large platter or on individual bowls and drizzle over the dressing before serving.

Serve and enjoy!