

## Confit Duck



*Confit duck is a dish that swamps your taste buds with deep and rich flavours. So, for older people - whose sense of taste may have diminished over the years - it makes a perfect light meal.*

**Serves:** 8

**Profitability:**

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**Ingredients:**

4 confit duck legs

240g cabbage

1 large courgette

2 medium carrots

1 red onion

3 stalks of celery

4 potatoes, mashed

**Steps:**

Preheat oven to 200°C

Remove the duck from the packet and wipe off any excess fat

Place the duck, skin side up, on a rack in a roasting tin

Roast for 15-20 minutes until the skin is crisp and golden ensuring the meat has heated through

Serve with braised cabbage, root vegetables and mashed potato (optional)