

DUCK & FIG WITH COUS COUS

An easy to prepare dish perfect with chilled
Little Beauty Limited Edition Pinot Noir
Serves 4



INGREDIENTS

2 medium sized duck breasts
110 grams plain couscous
1 tablespoons of olive oil
3-4 fleshy, dried figs, chopped
1 red pepper
Fresh mint, chopped
Half a cup of plain Greek yoghurt
50 grams of pine nuts, gently browned in a pan
1 teaspoon Chinese five spice



METHOD

Cook couscous as per packet instructions. Include figs in cous cous cooking process. When ready, fluff couscous, add pine nuts and a decent sprinkling of chopped mint. Mix through. Heat the oven to 190 degrees and add the whole pepper, including the stalk. When skin is starting to blacken, remove, cool slightly and place in a plastic bag (this will sweat the skin off so it can be easily removed). A few minutes later remove from bag. Take off skin, stalk, and remove seeds from pepper, then dice. Add to cous cous.

Heat a pan to hot. Prick the skin of the duck breasts and sprinkle Chinese five spice over. Cook until skin is crispy and flesh is pink.

Stir 1 teaspoon of mint into the yoghurt.

Serve duck breast over couscous. Offer mint and yoghurt as an accompaniment.

Enjoy with Little Beauty Pinot Noir.