

Warm Duck, Honeyed Pear and Stilton Salad

CHEESE MAKES A
Difference

to
Summer
Salads



BRITISH
CHEESE
BOARD





Warm Duck, Honeyed Pear and Stilton Salad

THE HONEYED PEAR AND ONIONS COUPLED WITH THE WARM DUCK ARE PERFECTLY COMPLEMENTED BY THE STILTON KICK. THIS NUTRITIOUS SALAD IS SURE TO IMPRESS FAMILY AND FRIENDS.

INGREDIENTS

- 100g of Blue Stilton thinly sliced
- 2 duck breasts
- 2 ripe pears cut into wedges
- 1 red onion
- 1 bag of spinach (or radicchio) leaves, washed
- 2 tbsp of honey for main dish
- 1 tbsp of honey for dressing
- 1 tsp Dijon mustard
- Olive oil
- Salt and pepper

METHOD

1. Arrange the pear and onion on an oven tray and drizzle with 1 tablespoon of oil and a pinch of salt and pepper. Roast at 180°C for 20 minutes. Drizzle with honey and roast for a further 10 minutes or until tender and glossy.
2. While waiting, score the skin of the duck breasts with a sharp knife and season with salt and pepper. Heat a few sprays of olive oil in a non-stick frying pan and place the duck breasts skin side down. Fry for 6-7 minutes and turn for a couple of minutes. Transfer the duck breasts to an oven tray and cook at 180°C for another 5-6 minutes if desired pink or 12 minutes for well done. Ovens vary so always check that the duck is cooked to your preference.
3. Allow the duck breasts to slightly cool and cut or tear into pieces.
4. Arrange warm pear, onion and torn cooked duck breasts onto the spinach leaves.
5. Place the thinly cut Blue Stilton slices on top.
6. Mix the Dijon mustard with a tablespoon of honey and some olive oil to form a dressing. Drizzle the dressing over the salad and serve.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

405kcal | 28g protein | 24g carbohydrate of which 23g sugars | 23g fat of which 8.8g saturates | 4.5g dietary fibre | 523mg sodium equivalent to 1.3g salt | 199mg calcium | 329mg phosphorus | 3.3 µg vitamin B₁₂