



Duck Fillets with Lemon Thyme

This dish is great served with mashed potato.

- 2 tbsp finely chopped lemon thyme
- ¼ tsp star anis powder
- ½ tsp cracked black pepper
- 4 duck fillets
- 3 tbsp *Cobram Estate Lemon Twist extra virgin olive oil*
- 1 tbsp sea salt

In a medium bowl mix together lemon thyme, star anis and cracked pepper. Add duck fillets and coat the meat well. Cover with plastic wrap and refrigerate until ready to cook.

Preheat oven to 200°C.

Heat ½ tbsp *Cobram Estate Lemon Twist extra virgin olive oil* in a non-stick pan. When hot, place duck fillets, skin down, in pan and cook for 2 minutes. They must not burn.

Remove duck from pan and place on a rack, skin up, set over a roasting tray. Sprinkle duck with salt and place in hot oven. Bake for 5 minutes, then reduce oven to 100°C and cook for a further 15 minutes.

Slice each duck fillet into 6 pieces. Drizzle the duck with remaining *Cobram Estate Lemon Twist extra virgin olive oil* and serve.

Enjoy your Meal

Gabriel Gate.