

## Duck fillet with pumpkin sauce and parsley root



### Preparation

1. Cook the duck according to the cooking instructions on the package.
2. Cut the pumpkin into small pieces and fry in butter until it is soft. Pour in the cream, and add the spices and orange peel, then cook for a few more minutes. Puree the mixture using a blender, stir in the poppies and sprinkle with salt. Re-heat just before serving.
3. Peel the parsley root and cut it into slices lengthwise. Mix the slices with some oil, salt and pepper. Bake up in an oven at 180 °C on a baking tray lined with parchment paper until nicely browned.
4. Serve the duck fillet with the pumpkin sauce and the parsley root slices.

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### INGREDIENTS

600 g.	KITCHEN me duck fillets with spices
300 g.	Skinless pumpkin
According to need	Melted butter
100 ml.	Cream
According to taste	Salt
Pinch	Chili powder
Pinch	Cinnamon
Splash	Olive oil
1 tbsp	Poppy seeds
1	Big parsley root
According to taste	Salt
According to taste	Ground pepper