

Duck confit omelette, green asparagus and fresh goat cheese

Recipe for 4 persons

Description

Omelet stuffed with duck meat confit, small green asparagus tips just blanched, chopped chives and goat cheese.

Note

Be careful not to overcook the omelette so that it retains its creamy and unctuous texture. You can reshape your omelet with a cloth so they can go a half-moon shape.

Ingredients

For the omelette

- 8 Unit(s) Egg
- 1 Unit(s) Confit duck leg
- 80 Gr Fresh goat cheese
- 1 Bunch(es) Green asparagus
- 0.50 Bunch(es) Chives

- Salt and pepper
- Butter

Preparation

- Preparation time **15 mins**
- Preheat your **four** at **375 F°**

General preparation

Chop the chives. Shred the flesh from the duck leg confit. Cut the asparagus into small pieces, taking care to remove the fibrous part of the foot.

Asparagus preparation

Boil a large volume of salt water. Blanch the asparagus by immersing them in water for one minute. Drain and plunge asparagus into ice bath in order to stop their cooking.

Omelette preparation

You can prepare individual omelets omelette or a large one to share. In a bowl, break eggs. Add a pinch of salt and pepper and beat them with a fork. In a hot non-stick skillet, place a knob of butter, add eggs and cook over low heat, stirring lightly with the fork until you obtain a runny omelette. Remove from heat. Add the blanched asparagus, chopped chives, the shredded duck and crumbled goat cheese. Fold the omelet in half. Place the omelet on a baking sheet and finish cooking in the oven for 2-3 minutes.

To serve

Serve your hot omelet accompanied by a small green salad if desired.

Bon appétit!