



UCOOK

Classic Duck Confit & Mash

with green beans & rosemary

Succulent confit duck leg is roasted in the oven until perfectly warmed through and crisp. It is sided with the fluffiest mashed potatoes and pan-fried garlicky green beans. Finished off with a rosemary sauce, this dish is unforgettable!

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 Leopard's Leap | Culinaria Pinot Noir

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Ingredients & Prep

1	Free-range Confit Duck Leg
200g	Potato <i>peeled & cut into bite-sized pieces</i>
1	Garlic Clove <i>peeled & grated</i>
80g	Green Beans <i>rinsed & trimmed</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
5ml	Cake Flour
10ml	Beef Stock
3g	Fresh Rosemary <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Butter

1. CONFIT ROAST Preheat the oven to 180°C. Place the duck leg in a roasting dish, along with all the fat from the packaging. Season and roast in the hot oven for 20-25 minutes until warmed through.

2. FLUFFY MASH Place the potato pieces in a pot of cold, salted water over a high heat and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water, and a knob of butter (optional). Season to taste.

3. GARLICKY GREENS Place a pan over a medium-high heat with a drizzle of oil. When hot, add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Add the trimmed green beans and fry for 3-5 minutes until cooked al dente, shifting occasionally. Season to taste.

4. SALAD In a bowl, combine the shredded salad leaves, a drizzle of oil, and seasoning.

5. ROSEMARY SAUCE Boil the kettle. Place a small pot over a medium heat with 20g of butter. Once melted, vigorously whisk in the flour to form the roux. Cook out for 1-2 minutes, stirring constantly. Slowly whisk in 100ml of boiling water, the stock, and the chopped rosemary (to taste), stirring constantly until slightly thickened. If the sauce is too thick for your liking, add an extra splash of water. Season to taste and remove from the heat on completion.

6. DIVINE DUCK! Plate up the confit duck and drizzle over the rosemary sauce. Side with the mashed potatoes, the garlic green beans, and the dressed leaves. Delicious, Chef!

Nutritional Information

Per 100g

Energy	773kJ
Energy	185kcal
Protein	6g
Carbs	11g
of which sugars	1.2g
Fibre	1.9g
Fat	13.7g
of which saturated	4.7g
Sodium	662mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days