



UCCOOK

Shredded Duck Chow Mein

with peanuts, fresh coriander & soy
sauce

Our take on the classic Chinese noodle-based takeaway is a quick & delicious crowd pleaser! Saucy shredded confit duck is tossed through egg noodles and doused in an oyster & soy sauce dressing, jumbled with onions, pickled peppers, spinach & topped off with peanuts. All the wow with half the effort!

Hands-on Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Ella Nasser

 Quick & Easy

 Leopard's Leap | Culinaria Pinot Noir

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Ingredients & Prep

1 cake	Egg Noodles
1	Free-range Confit Duck Leg
1	Red Onion <i>peeled & roughly sliced</i>
5ml	NOMU Oriental Rub
50g	Spinach <i>riused & roughly shredded</i>
15ml	Low Sodium Soy Sauce
10ml	Oyster Sauce
25g	Pickled Bell Peppers <i>drained & roughly chopped</i>
15g	Peanuts <i>roughly chopped</i>
4g	Fresh Coriander <i>riused & picked</i>

From Your Kitchen

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

1. OODLES OF NOODLES Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain and toss through some oil to prevent sticking.

2. SHRED IT UP While the noodles are boiling, remove the duck from the packaging. Scrape the meat off the bone. Using two forks, one to secure the duck and the other to shred, gently shred the duck. Discard the bones, any bits of gristle, and any excess duck fat.

3. ALL TOGETHER NOW Place a pan over medium heat with a drizzle of oil. When hot, add the sliced onion, the rub, and the shredded duck. Fry for 3-4 minutes until soft and warmed through, shifting occasionally. In the final minute, add the cooked noodles, the shredded spinach, the soy sauce, the oyster sauce, and the chopped pickled peppers. Season to taste.

4. TIME TO CHOW! Bowl up the shredded duck chow mein. Garnish with the chopped peanuts and the picked coriander. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	1087kj
Energy	260kcal
Protein	8.8g
Carbs	16g
of which sugars	2.6g
Fibre	1.4g
Fat	17.9g
of which saturated	5.8g
Sodium	1234mg

Allergens

Egg, Gluten, Allium, Peanuts, Wheat,
Sulphites, Soy, Shellfish/Seafood

Cook
within
4 Days