



# UCOOK

## Peking Delicious Duck Rotis

with plum sauce & fresh chives

Originating centuries ago as a meal for Emperors, this delicious duck dish has truly stood the test of time. Luckily, you won't have to slow-roast the duck for hours over an open flame to enjoy the same taste. Get your trusty pan out and let's cook delectable shredded duck confit on cocktail rotis, crowned with pickled veg & fresh garnish.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Hannah Duxbury

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 Adventurous Foodie

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 Strandveld | Skaamgesigge MCC Brut Rosé

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## Ingredients & Prep

|       |                                                              |
|-------|--------------------------------------------------------------|
| 20ml  | Rice Wine Vinegar                                            |
| 100g  | Cucumber<br><i>rinsed &amp; sliced into matchsticks</i>      |
| 20g   | Radish<br><i>rinsed &amp; sliced into matchsticks</i>        |
| 40ml  | Plum Sauce                                                   |
| 1     | Free-range Confit Duck Leg                                   |
| 7,5ml | Chinese 5-spice                                              |
| 4     | Cocktail Rotis                                               |
| 3g    | Fresh Chives<br><i>rinsed &amp; thinly sliced</i>            |
| 120g  | Carrot<br><i>½ rinsed, trimmed &amp; peeled into ribbons</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. PICKLE** In a bowl, combine the vinegar, 2 tbsp of water, 5ml of sweetener, and seasoning. Toss through the cucumber & radish matchsticks. Set aside to pickle. Loosen the plum sauce with a splash of water until drizzling consistency. Set aside.

**2. PREP** Remove the duck from the packaging and 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. PEKING** Place a pan over medium heat with a drizzle of oil. When hot, fry the shredded duck until the duck is starting to brown, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, add the Chinese 5-spice. Remove from the pan and set aside.

**4. PAN** Place a clean pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds. Drain the pickling liquid from the cucumber & radish.

**5. PLATE** Time to assemble! Top the toasted rotis with the pickled veg, the sliced chives, the carrot ribbons, and the shredded duck. Drizzle over the loosened plum sauce. Brilliant work, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 829kJ   |
| Energy             | 198kcal |
| Protein            | 5.2g    |
| Carbs              | 17g     |
| of which sugars    | 7.9g    |
| Fibre              | 1.6g    |
| Fat                | 12.6g   |
| of which saturated | 4.1g    |
| Sodium             | 734mg   |

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook  
within 3  
Days