



UCOOK

Crispy Citrus Duck & Balsamic Greens

with potato mash & almonds

Citrus sauce and crispy duck are one of those classic combinations that will always please the palate. In this recipe, you will make both ingredients shine by serving it up with a silky potato mash, sweet-balsamic green beans & onion, and scatterings of toasted almonds. Add an orange wedge and your plate is ready to impress, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

👤 Adventurous Foodie

🍷 Deetlefs Wine Estate | Deetlefs Estate Pinotage

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Ingredients & Prep

200g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
10g	Almonds <i>roughly chop</i>
1	Onion <i>peel & finely slice ½</i>
80g	Green Beans <i>rinse, trim & halve</i>
15ml	Sweet Balsamic <i>(10ml Balsamic Vinegar & 5ml Golden Syrup)</i>
30ml	Crème Fraîche
1	Orange <i>rinse, zest & cut into wedges</i>
1	Free-range Duck Breast

From Your Kitchen

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

1. SMOOTH MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. TOASTED ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SWEET BALSAMIC BEANS Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until soft and translucent, 3-4 minutes (shifting occasionally). Add the halved green beans and fry until starting to char, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, add the sweet balsamic and simmer until slightly reduced. Remove from the pan, season, and cover.

4. CREAMY ORANGE SAUCE In a small bowl, combine the crème fraîche with the orange zest (to taste), seasoning, and a splash of water to loosen. Set aside.

5. CRISPY DUCK Pat the duck dry with paper towel. Place the duck in a cold pan skin-side down without oil (the duck will render its own fat). Place over medium heat and let the duck fat render while the pan heats up. Sear until the skin is crispy, 5-8 minutes. Turn the heat up to medium-high and drain the excess duck fat from the pan. Flip the duck, and sear until browned, 2-4 minutes (for medium-rare). In the final minute, add a knob of butter (optional) and the juice from 2 orange wedges. Remove from the pan, reserving the juices, and rest for 3 minutes before slicing and seasoning.

6. A DINNER DELIGHT Plate up the mash with the duck breast slices alongside. Drizzle the reserved pan juices and the zesty crème over the duck. Side with the glazed green beans & onions and scatter over the toasted almonds.

Nutritional Information

Per 100g

Energy	433kJ
Energy	104kcal
Protein	4.6g
Carbs	11g
of which sugars	4.6g
Fibre	2g
Fat	4.9g
of which saturated	1.8g
Sodium	44mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Cook
within 3
Days