



# QCOOK

## Mixed Nuts & Balsamic Duck Breast

with charred green beans

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Kirsty Storar

**Wine Pairing:** Strandveld | Skaamgesiggie MCC Brut Rosé

Nutritional Info	Per 100g	Per Portion
Energy	575kJ	2829kJ
Energy	138kcal	676kcal
Protein	6.7g	33g
Carbs	12g	60g
of which sugars	5.3g	25.8g
Fibre	1.5g	7.3g
Fat	6.4g	31.7g
of which saturated	1.3g	6.6g
Sodium	81mg	396mg

**Allergens:** Sulphites, Tree Nuts

**Spice Level:** NONE

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rins</i>
20g	40g	Mixed Nuts <i>(5g Almonds, 10g Walnuts &amp; 5g Pistachio Nuts)</i>
1	2	Free-range Duck Breast
30ml	60ml	Balsamic Glaze <i>(15ml Balsamic Vinegar &amp; 15ml Honey)</i>
80g	160g	Green Beans <i>rins</i>
3g	5g	Fresh Thyme <i>rins</i>

## From Your Kitchen

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

**1. CRISS CROSS BABY** Preheat the oven to 220°C. Using a knife, cut a small cross on the top of each baby potato so that the flesh is exposed. Place the potatoes, cut-side up, on a roasting tray. Coat in oil and season. Roast until cooked through and crisping up, 30-35 minutes. (Alternatively: Air fry at 200°C until crispy, 20-25 minutes (shifting halfway)).

**2. NUTS** Roughly chop the nuts. Place the chopped nuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. DUCK PREP** Pat the duck breasts dry with some paper towel. Using a sharp knife, score the fat by cutting slits through the surface of its skin in a broad cross-hatch pattern, without going too deep and piercing the flesh.

**4. SIZZLING DUCK** Place the duck in a cold pan, skin-side down without oil (the duck will render their 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, 1-2 minutes. Drain the duck fat and baste the duck breasts with the balsamic glaze and add ½ of the toasted nuts, 1-2 minutes. Remove from the pan with all the pan juices and rest for 3 minutes before slicing and seasoning.

**5. GREEN BEANS** Return the pan wiped down to medium-high heat with a drizzle of oil. When hot, fry the rinsed green beans until starting to char, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, baste with a knob of butter and the rinsed thyme. Remove from the pan, discard the thyme sprigs, and season.

**6. DINNER IS READY** Plate up the golden potatoes alongside the sliced duck breasts, drizzle the reserved pan juices over the duck, serve the charred green beans on the side, and sprinkle over the toasted nuts. Cheers, Chef!