



U C O O K

— COOKING MADE EASY

CRISPY PULLED DUCK PANCAKES

with hoisin sauce, pickled slaw & peanuts

Chinese-style, free-range duck, shredded and fried to crispy perfection, then rolled up in mini roti pancakes with slaw, fresh cucumber, sticky hoisin sauce, and a sprinkling of toasted peanuts.

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Alex Levett

 **Easy Peasy**

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Ingredients & Prep

15g	Peanuts
75g	Shredded Green & Red Cabbage and Julienne Carrots
10ml	NOMU Oriental Rub
50g	Cucumber rinsed & cut into long, thin sticks
1	Lime one half cut into wedges
1	Free-Range Duck Leg
20ml	White Wine Vinegar
4	Cocktail Rotis
1	Spring Onion cut lengthways into long, thin strips
50ml	Ongs Hoisin Sauce

From Your Kitchen

Salt & Pepper
Paper Towel
Water
Sugar/Sweetener/Honey

1. TOAST THE PEANUTS Preheat the oven to 200°C. Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle. Run the pan under cold water to cool it down and wipe dry.

2. DELISH DUCK Pat the duck leg dry with some paper towel. Using a sharp knife, score the skin by cutting slits into it in a broad, cross-hatch pattern, without piercing the flesh. Season the skin with salt. Place the duck leg skin-side down in the cool, dry pan. (It doesn't need oil; the duck will render its own fat.) Turn on the heat to medium and fry for 5-7 minutes until the skin starts to brown and crisp but the meat is not cooked through. Remove the pan from the heat, leaving the fat there for later use. Transfer the duck leg to a roasting tray and place in the hot oven for 15-20 minutes until cooked through. Remove from the tray on completion and set aside to cool.

3. PICKLE THE SLAW To make the pickling liquid, combine the white wine vinegar and 60ml of water in a salad bowl. Add 1 tsp of a sweetener of choice and stir until dissolved. Add in the slaw, toss to coat, and set aside to pickle.

4. FRIED SHREDDED DUCK Once the duck leg is cool enough to handle, use two forks to shred the meat by breaking it up into shards as you pull it off the bones. Discard the bones and any bits of gristle or fat. Return the pan with the reserved duck fat to a medium heat. When hot, fry the shredded duck for 2-3 mins until heated through and crispy. In the final minute, add the Oriental Rub to taste. Remove the pan from the heat.

5. WARM ROTIS Place a clean, dry pan over a medium-high heat. When hot, heat the rotis for 1 minute per side until lightly toasted and warmed through. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds. Just before serving, drain the pickled slaw.

6. ROLL IT ALL UP Assemble your duck pancakes by layering the rotis with the pickled slaw followed by the strips of cucumber and spring onion. Top with the crispy pulled duck and dollop over the hoisin sauce. Garnish with a squeeze of lime and the toasted peanuts, and roll up your tasty pancakes. Heaven!

Nutritional Information

Per 100g

Energy (kj)	711kj
Energy (kcal)	170kcal
Protein	11g
Carbs	15g
of which sugars	5g
Fibre	1g
Fat	6g
of which saturated	1g
Salt	1g

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook
within 3
Days