



# UCOOK

## Duck Breast & Yoghurt Slaw

with roasted carrot wedges & fresh mint

Give your taste buds what they deserve! This succulent duck and sweet roasted carrot combo is amazing enough on its own, but add a mayo-free slaw tossed with light yoghurt and apple cider vinegar, and you have yourself one insanely delicious dish!

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**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Kate Gomba

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 Carb Conscious

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 Creation Wines | Creation Pinot Noir

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## Ingredients & Prep

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|      |  |
|------|--|
| 240g | Carrot<br><i>rinsed, trimmed &amp; cut into wedges</i>                           |
| 10ml | NOMU Coffee Rub  |
| 80ml | Low Fat Plain Yoghurt  |
| 8g   | Fresh Mint<br><i>rinsed, picked &amp; roughly sliced</i>                         |
| 20ml | Apple Cider Vinegar  |
| 200g | Cabbage<br><i>thinly sliced</i>  |
| 100g | Cucumber<br><i>cut into half-moons</i>   |
| 2    | Free-range Duck Breasts  |
| 20g  | Seed & Cranberry Mix<br><i>(10g Sunflower Seeds &amp; 10g Dried Cranberries)</i> |

## From Your Kitchen

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

**1. GOLDEN CARROTS** Preheat the oven to 200°C. Spread out the carrot wedges on a roasting tray. Coat in oil, the NOMU rub and seasoning. Roast in the hot oven until cooked through and crisping up, 30-35 minutes, shifting halfway.

**2. MOTHER-IN-SLAW** When the carrots have 10 minutes remaining, place the yoghurt in a salad bowl and combine with 2 tsp of a sweetener of choice until dissolved. Mix in ¼ of the sliced mint and add the apple cider vinegar (to taste). Loosen with milk or water in 5ml increments until drizzling consistency, then toss through the sliced cabbage and cucumber half-moons until coated. Season and set aside for serving.

**3. SEAR THE DUCK** Pat the duck dry with some paper towel. Place the duck breasts in a cold pan skin-side down without oil (the duck breasts will render their own fat). Place over a medium heat and let the duck fat render while the pan heats up. Fry until the skin is crispy, 5-8 minutes. Turn up the heat to medium-high and drain the excess duck fat. Flip the duck breasts, and cook for 2-4 minutes on the other side (this time frame will yield a medium-rare result). Remove from the pan on completion and allow to rest for 3 minutes before slicing. Season well.

**4. GRAB A PLATE!** Serve up the golden roasted carrots alongside the light slaw. Side with the juicy duck slices. Garnish the slaw with the seed & cranberry mix and sprinkle the remaining sliced mint over the top. Simply delish, Chef!



## Chef's Tip

If you have an air fryer, why not use it to cook the carrots? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 15-20 minutes or until cooked through and crispy.

## Nutritional Information

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Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 390kj  |
| Energy             | 93kcal |
| Protein            | 5.7g   |
| Carbs              | 5g     |
| of which sugars    | 2.5g   |
| Fibre              | 1.5g   |
| Fat                | 5.4g   |
| of which saturated | 1.3g   |
| Sodium             | 128mg  |

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## Allergens

Dairy, Allium, Sulphites

Cook  
within 3  
Days