



# UCOOK

## Duck & Roasted Cabbage

with carrots & balsamic dressed leaves

Juicy duck slices are perfectly complemented by a sweet & tangy balsamic salad topped with savoury roasted cabbage & sweet carrot wedges. This dish is balanced, elegant, and easy. What more could you want, Chef?

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Rhea Hsu

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 Carb Conscious

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 Waterford Estate | Range Grenache Noir 2019

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## Ingredients & Prep

|      |                                                      |
|------|------------------------------------------------------|
| 960g | Carrot<br><i>trimmed &amp; cut into wedges</i>       |
| 400g | Red Cabbage<br><i>cut into large chunks</i>          |
| 40ml | NOMU Roast Rub                                       |
| 4    | Free-range Duck Breasts                              |
| 80g  | Salad Leaves<br><i>rinsed &amp; roughly shredded</i> |
| 40ml | Balsamic Vinegar                                     |

## From Your Kitchen

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

**1. RED & ORANGE ROAST** Preheat the oven to 200°C. Place the carrot wedges and the cabbage chunks on a large roasting tray. Coat in oil,  $\frac{3}{4}$  of the rub, and seasoning. Pop in the hot oven and roast for 30-35 minutes until cooked through and slightly crispy, shifting halfway.

**2. FABULOUSLY FATTY** When the roast has 15 minutes remaining, pat the duck dry with paper towel. Place 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 for 5-8 minutes until the skin is crispy, pouring out any excess rendered fat as you go. Turn up the heat to medium-high, flip the duck breasts, and cook for 2-4 minutes on the other side. (This time frame will yield a medium-rare result.) In the final minute, baste with the remaining rub. Remove from the pan and rest for 3 minutes before slicing. Lightly season the slices.

**3. DON'T LEAF OUT THE BALSAMIC** In a salad bowl, combine the shredded leaves, the balsamic vinegar, a drizzle of oil and seasoning.

**4. SERVICE, PLEASE!** Make a bed of the dressed leaves. Top with the roasted veg and the duck slices. Simply delicious!

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 343kJ  |
| Energy             | 82kcal |
| Protein            | 5.1g   |
| Carbs              | 6g     |
| of which sugars    | 3.3g   |
| Fibre              | 2g     |
| Fat                | 3.9g   |
| of which saturated | 1g     |
| Sodium             | 162mg  |

## Allergens

Allium, Sulphites

Cook  
within 3  
Days