



UCCOOK

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!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Kate Gomba

 Carb Conscious

 Creation Wines | Creation Pinot Noir

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

480g	Carrot <i>rinsed, trimmed & cut into wedges</i>
20ml	NOMU Coffee Rub
170ml	Low Fat Plain Yoghurt
15g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
40ml	Apple Cider Vinegar
400g	Cabbage <i>thinly sliced</i>
200g	Cucumber <i>cut into half-moons</i>
4	Free-range Duck Breasts
40g	Seed & Cranberry Mix <i>(20g Sunflower Seeds & 20g Dried Cranberries)</i>

From Your Kitchen

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, 35-40 minutes, shifting halfway.

2. MOTHER-IN-SLAW When the carrots have 10 minutes remaining, place the yoghurt in a salad bowl and combine with 1½ tbsp of a sweetener of choice until dissolved. Mix in ¾ 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

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

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days