



UCOOK

Duck & Coconut Potatoes Dauphinoise

with plum sauce & fresh coriander


Indulge in this super simple yet incredibly flavoursome dinner! Perfectly golden potatoes dauphinoise with a coconut twist is served alongside succulent seared duck breast, lathered in a tart & sweet plum sauce. Sautéed cabbage is tossed with peanuts to make the perfect side to this fabulous meal.


Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Boschendal | Chardonnay Pinot Noir

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Ingredients & Prep

200g	Potato <i>peeled (optional) & sliced into thin rounds</i>
100ml	Coconut Cream
1	Free-range Duck Breast
40ml	Plum Sauce
100g	Cabbage <i>finely sliced</i>
10g	Peanuts <i>roughly chopped</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GOLDEN POTATO DAUPHINOISE Preheat the oven to 200°C. In a bowl, add the sliced potato, the coconut cream, seasoning, and 65ml of water. Mix until the potatoes are fully coated. Lightly grease a small roasting tray and layer the potato mixture in the tray. Pour over the remaining cream mixture. Alternatively, create small stacks with the sliced potato. Place in the hot oven and roast for 35-40 minutes. In the final 5 minutes, turn the oven onto the grill setting or the highest temperature. On completion, the dauphinoise should be cooked through and golden.

2. PLUM-GLAZED DUCK BREAST Place the duck breast in a cold pan skin-side down without oil (the duck breast will render its 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. Turn up the heat to medium-high and drain the excess duck fat. Flip the duck breast, and cook for 2-4 minutes on the other side (this time frame will yield a medium-rare result.) In the final minute, baste the duck with the plum sauce and a splash of water if necessary. Remove from the pan on completion and allow to rest for 3 minutes before slicing.

3. SAUTÉED CABBAGE Return the pan to a medium heat with a drizzle of oil. When hot, fry the sliced cabbage for 3-5 minutes until slightly softened, shifting occasionally. In the final minute, toss through the chopped peanuts and ½ the chopped coriander. Season to taste.

4. DELIGHTFUL DUCK & DAUPHINOISE Plate up the coconut potatoes dauphinoise alongside the plum-glazed duck. Side with the sautéed cabbage. Sprinkle over the remaining coriander. Good job, Chef!



Chef's Tip

Potatoes brown quickly when exposed to air. When preparing your potatoes, place them in water as you go to prevent this. If you have a mandolin, use it to slice up your potatoes.

Nutritional Information

Per 100g

Energy	502kj
Energy	105Kcal
Protein	6.8g
Carbs	11g
of which sugars	4.3g
Fibre	1.4g
Fat	5.2g
of which saturated	3.2g
Sodium	166mg

Allergens

Gluten, Allium, Peanuts, Wheat, Sulphites, Soy

Cook
within 3
Days