

UCOOK

Dazzling Duck Wontons

with carrot ribbons, corn & spring onion

Learn how to make these impressive and delicious wontons, filled with a super tasty hoisin and shredded duck confit filling! These crunchy delights are served with a carrot ribbon, corn, and cabbage salad. So much yum & flavour for such little parcels!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Kate Gomba

🏠 Adventurous Foodie

🍷 Simonsig | Gewürztraminer

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Ingredients & Prep

10ml	Sesame Seeds
2	Free-range Confit Duck Legs
50ml	Crème Fraîche
1	Spring Onion <i>thinly sliced, keeping the white & green parts separate</i>
45ml	Hoisin Sauce
200g	Cabbage <i>thinly sliced</i>
100g	Corn
120g	Carrot <i>peeled, trimmed & peeled into ribbons</i>
70ml	Dressing <i>(30ml Rice Wine Vinegar, 10ml Sesame Oil & 30ml Low Sodium Soy Sauce)</i>
10	Wonton Wrappers

From Your Kitchen

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

1. TOASTY SESAME Place the sesame seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

2. DUCK DUCK GO! Remove the duck from the packaging. Scrape the meat off the bone. Using two forks, gently shred the duck. Discard the bones and any excess duck fat. Loosen the crème fraîche with a splash of water, season, and set aside.

3. SOMETHING SAUCY Return the pan to a medium-high heat with a drizzle of oil. When hot, add the spring onion whites and the shredded duck. Fry for 3-4 minutes, until fragrant and warmed through, shifting occasionally. Remove from the heat, add the hoisin sauce and mix until the duck is fully coated in the sauce. Remove from the pan and set aside.

4. FAB FILLING Return the pan, wiped down, to a medium-high heat with a drizzle of oil. When hot, add the sliced cabbage and sauté for 1-2 minutes until softened but still crunchy, shifting occasionally. Add the corn and fry for 1-2 minutes until heated through, shifting occasionally. Remove from the pan and place in a bowl. Add the carrot ribbons and the dressing (to taste), and seasoning. Mix until combined.

5. LET'S GET WRAPPING Put a heaped teaspoon of the duck filling into the center of each wonton wrapper. Fold each wrapper into a triangle and press the edges to seal the filling inside (you can use water to stick the edges together). As you go, keep the sealed wontons covered with a tea towel to prevent drying out.

6. GOT ME WONTON MORE Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the filled wontons and fry for 1-2 minutes per side or until golden, shifting occasionally. Drain on paper towel.

7. WOW! Plate up the loaded carrot & cabbage salad and top with any remaining duck filling. Sprinkle over the toasted sesame seeds and garnish with the spring onion greens. Serve the wontons on the side with the loosened crème fraîche for dunking!



Chef's Tip

You can deep or shallow fry the wontons – as long as they are golden, you're good to go!

Nutritional Information

Per 100g

Energy	845kj
Energy	202kcal
Protein	5.4g
Carbs	12g
of which sugars	4.9g
Fibre	1.7g
Fat	14.8g
of which saturated	5.4g
Sodium	815mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 3
Days