



UCOOK

Crispy Duck & Ribbon Salad

with toasted peanuts & fresh lime


Carb conscious all the way with this crispy duck and ribbons-of-veg salad! Tangy carrot and baby marrow ribbons are plated alongside crispy duck strips. Served with fresh chilli slices and a delicious dressing. Say no to fuss and yes to flavour with this quacker of a dish!

Hands-On Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Carb Conscious

 Fat Bastard | The Golden Reserve

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Ingredients & Prep

10g	Peanuts
120g	Carrot <i>peeled (optional) & peeled into ribbons</i>
100g	Cabbage <i>finely sliced</i>
100g	Baby Marrow <i>trimmed & peeled into ribbons</i>
50g	Cucumber <i>cut into half-moons</i>
1	Lime <i>½ zested & cut into wedges</i>
1	Fresh Chilli <i>deseeded & thinly sliced</i>
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
20ml	Cornflour
1	Free-range Duck Breast <i>cut into strips</i>
32,5ml	Sweet Chilli Dressing <i>(2,5ml Fish Sauce & 30ml Carb Smart Sweet Chilli Sauce)</i>

From Your Kitchen

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

1. NUTS ABOUT YOU Place the peanuts in a deep pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and roughly chop.

2. RIBBONS OF VEG In a bowl, combine the carrot ribbons, the sliced cabbage, the baby marrow ribbons, the cucumber half-moons, a squeeze of lime juice, the sliced chillies (to taste), and ½ the chopped coriander.

3. WHAT'S QUACKALACKIN' Return the pan to a medium-high heat with enough oil to cover the base. Place the cornflour and some seasoning in a bowl. Add the duck strips and toss until fully coated in the cornflour. Once the oil is hot, add the floured duck strips and fry for 4-5 minutes until crispy, shifting as they colour. Remove from the pan on completion and drain on paper towel. Once drained, toss through the sweet chilli dressing until fully coated. Season to taste.

4. DAZZLING DUCK DINNER Pile up the baby marrow and carrot ribbon salad. Top with the crispy glazed duck strips. Garnish with the remaining coriander, lime zest (to taste) and the toasted peanuts. Unbelievable work, Chef!

Nutritional Information

Per 100g

Energy	293kJ
Energy	70Kcal
Protein	6.4g
Carbs	6g
of which sugars	2.3g
Fibre	1.7g
Fat	2g
of which saturated	0.5g
Sodium	89mg

Allergens

Gluten, Allium, Peanuts, Shellfish, Wheat, Sulphites, Sugar Alcohol (Xylitol), Fish

Cook
within 3
Days