



UCOOK

Tamarind Duck Noodles

with baby marrow ribbons & black sesame seeds


This stir fry is simple to whip up, while delivering major flavour! Rich egg noodles & succulent duck confit is tossed in a tangy & tart tamarind sauce and loaded up with spinach, baby marrow ribbons, and onions. Sprinkled with black sesame seeds and finished off with lime juice for a zesty, fresh taste. This recipe dishes up some real depth and Asian elevation!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Waterford Estate | Range Grenache Noir 2019

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Ingredients & Prep

1 cake	Egg Noodles
5ml	Black Sesame Seeds
1	Free-range Confit Duck Leg
30ml	Duck Dressing <i>(10ml Tamarind Paste, 5ml Honey, 10ml Low Sodium Soy Sauce & 5ml Shaoxing Wine)</i>
1	Red Onion <i>½ peeled & roughly sliced</i>
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
100g	Baby Marrow <i>rinsed, trimmed & peeled into ribbons</i>
40g	Spinach <i>rinsed</i>
10ml	Lime Juice

From Your Kitchen

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

1. EGGY NOODLES Boil the kettle. Fill a pot for the noodles with boiling water. Add a pinch of salt and place over medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain and toss through some oil to prevent sticking.

2. TOASTY SEEDS Place the sesame seeds in a pan, large enough for the noodles, over medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan and set aside.

3. SHRED IT UP While the noodles are boiling, remove the duck from the packaging and scrape the meat off the bone. Using two forks (one to secure the duck and the other to shred) gently shred the duck. Discard the bones, any bits of gristle, and any excess duck fat. Set aside. Loosen the duck dressing with 50ml of warm water and set aside.

4. JUST FRY YOUR BEST Return the pan to a medium-high heat with a drizzle of oil. When hot, add the sliced onion and the shredded duck. Fry for 5-6 minutes until the onions are soft and the duck is starting to brown, shifting occasionally. Add the grated ginger and the grated garlic. Fry for 30-60 seconds until fragrant, shifting constantly.

5. GET IT TOGETHER When the garlic & ginger are fragrant, add the loosened duck dressing, the cooked noodles, and the baby marrow ribbons. Simmer for 2-3 minutes until slightly reduced, stirring occasionally. In the final minute, add the rinsed spinach. Season with the lime juice (to taste) and salt (if necessary - soy sauce is salty!).

6. DINNER DATE Make a bed of the loaded noodles and sprinkle over the toasted sesame seeds. Devour, Chef!



Chef's Tip

If you'd prefer to add the duck sauce to your taste, don't add it to the noodles. Serve it on the side and pour over the noodles until you're satisfied!

Nutritional Information

Per 100g

Energy	888kj
Energy	212kcal
Protein	6.9g
Carbs	15g
of which sugars	3.5g
Fibre	1.1g
Fat	13.8g
of which saturated	4.7g
Sodium	718mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Alcohol, Soy

Cook
within
4 Days