

# 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!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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🏠 Adventurous Foodie

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🍷 Simonsig | Gewürztraminer

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## Ingredients & Prep

|      |   |
|------|---|
| 5ml  | Sesame Seeds  |
| 1    | Free-range Confit Duck Leg  |
| 25ml | Crème Fraîche   |
| 1    | Spring Onion<br><i>thinly sliced, keeping the white &amp; green parts separate</i>          |
| 25ml | Hoisin Sauce  |
| 100g | Cabbage<br><i>thinly sliced</i>   |
| 50g  | Corn  |
| 120g | Carrot<br><i>peeled, trimmed &amp; peeled into ribbons</i>                                  |
| 35ml | Dressing<br><i>(15ml Rice Wine Vinegar, 5ml Sesame Oil &amp; 15ml Low Sodium Soy Sauce)</i> |
| 5    | 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