



UCOOK

Boschendal Shredded Duck Tacos

with spring onions, radish rounds & hoisin sauce

Soft corn tortillas are transformed into crunchy taco shells right before your eyes! They are then packed with delicious saucy shredded Hoisin duck, crunchy radish rounds, and fresh green leaves. You won't believe how tasty and easy this dish is!

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Boschendal Wines

 Fan Faves

 Boschendal | Nicolas

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Ingredients & Prep

1	Free-range Duck Breast
3	Corn Tortillas
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
25ml	Hoisin Sauce
20g	Green Leaves <i>rinsed & gently shredded</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
50g	Corn <i>drained</i>
1	Fresh Chilli <i>deseeded & roughly sliced</i>
4g	Fresh Coriander <i>rinsed & picked</i>
15ml	Lime Juice

From Your Kitchen

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

1. DAZZLING DUCK Preheat the oven to 180°C and place an oven rack in the center of the oven. Pat the duck dry with a paper towel. 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 4-5 minutes on the other side until cooked through. Remove from the pan on completion and allow to rest for 3 minutes. On completion, place on a chopping board. Using two forks (one to secure the duck and the other to shred), gently shred the duck and set aside.

2. DIY TACO SHELLS Place the tortillas on a plate and pop in the microwave for 30 seconds until pliable. Alternatively, heat them up in a pan for 30 seconds per side. Carefully pull the oven rack out the oven and use tongs to drape each tortilla over two bars of the oven rack (to resemble the shape of hard taco shells). If the tortillas start cracking, simply pop them back in the microwave or the pan for another 30 seconds. Pop the rack back in the hot oven and bake for about 5 minutes or until the tortillas are golden and crispy. Carefully remove the shells from the rack and place on a chopping board to cool slightly.

3. ALMOST THERE... Return the pan to a medium-high heat with a drizzle of oil. When hot, add the spring onion whites and fry for 1-2 minutes, until fragrant, shifting occasionally. Add the shredded duck and the hoisin sauce. Mix until the duck is fully coated in the sauce. Leave to cook for 2-3 minutes until the sauce has reduced slightly. Season to taste.

4. LET'S TACO 'BOUT IT! Fill each taco shell with the shredded green leaves. Top with the hoisin duck, the radish rounds, and the corn. Sprinkle over the sliced chilli (to taste), the picked coriander, and the spring onion greens. Drizzle over the lime juice (to taste). Dive in, Chef!



Chef's Tip

If you'd prefer soft shell tacos, place the tortillas in a pan and toast for 15 seconds per side until warmed through instead of baking them in the oven.

Nutritional Information

Per 100g

Energy	592kj
Energy	142Kcal
Protein	10.4g
Carbs	16g
of which sugars	3.4g
Fibre	1.4g
Fat	3.6g
of which saturated	1.2g
Sodium	257mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days