



UCOOK

Sticky Duck Breast

with charred pineapple rings & jasmine rice

Spruce up your evening with this Chinese 5-spice coated duck breast sensation. Add charred pineapple rings and pickled cabbage, all drizzled with a tasty hoisin sauce and you have a tangy taste triumph!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Alex Levett

 Fan Faves

 Waterford Estate | Range Grenache Noir 2019

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Ingredients & Prep

225ml	Jasmine Rice <i>rinsed</i>
45ml	Lime Juice
300g	Red Cabbage <i>finely shredded</i>
15ml	White Sesame Seeds
3	Free-range Duck Breasts
15ml	Chinese 5-spice
120g	Pineapple Rings <i>drained</i>
2	Garlic Cloves <i>peeled & grated</i>
75ml	Hoisin Sauce
12g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. BUBBLY RICE Place the rinsed rice in a pot. Submerge in 450ml of salted water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and steam with the lid on for 10 minutes until cooked and tender. Drain if necessary, fluff up with a fork, and return to the pot to stay warm until serving.

2. QUICK PICKLE Place ½ of the lime juice into a bowl with 75ml of water and toss through the shredded cabbage. Set aside to pickle until serving.

3. TOASTY SEEDS Place the sesame seeds in a large pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Also set aside the pan to cool slightly.

4. SPICED DUCK Pat the duck breasts dry with paper towel. Using a sharp knife, cut broad, cross-hatch slits into the duck skin, without piercing the flesh, and coat with the Chinese 5-spice to taste. Place the duck breasts in the cooled pan skin-side down without oil. 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. Drain the excess duck fat and set aside for step 5. Flip the duck breasts, and cook for 2-4 minutes on the other side. Remove from the pan on completion and allow to rest before slicing and seasoning.

5. SAUCY PINEAPPLE Return the pan to a medium heat with a drizzle of oil. Char the pineapple rings for 2-3 minutes per side. Remove from the pan and cover to keep warm. Return the pan to a medium heat with the rendered duck fat and a drizzle of oil if necessary. When hot, fry the grated garlic for 30-60 seconds. Add the hoisin sauce, and some lime juice to taste. Just before serving, drain the pickling liquid from the shredded cabbage.

6. WHAT A BEAUTY! Make a bed of rice and pile up the pickled red cabbage. Lay the juicy duck slices and charred pineapple rings on top. Drizzle over generous spoonfuls of the sticky sauce. Garnish with the coriander leaves and toasted sesame seeds. Well done, Chef!



Chef's Tip

If you want a sweeter pickle for the cabbage, add 5-10ml of sweetener, depending on your personal preference.

Nutritional Information

Per 100g

Energy	699kj
Energy	167kcal
Protein	7.4g
Carbs	20g
of which sugars	6.3g
Fibre	1.4g
Fat	6g
of which saturated	1.5g
Sodium	320mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days