



UCOOK

Fragrant Duck & Rice Pilaf

with spinach & plum sauce

Craving something simple yet out-of-the-ordinary? A flavourful rice pilaf is loaded with peas, spinach, and cumin seeds. Served with fragrant duck breast slices drizzled with plum sauce. Easy and delicious!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

 Fan Faves

 Leopard's Leap | Culinaria Pinot Noir

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Ingredients & Prep

2	Onions <i>1½ peeled & roughly sliced</i>
15ml	Cumin Seeds
225ml	Spice & All Things Nice Pilaf Rice
150g	Peas
120g	Spinach <i>rinsed</i>
3	Free-range Duck Breasts
2	Garlic Cloves <i>peeled & grated</i>
30g	Fresh Ginger <i>peeled & grated</i>
60ml	Plum Sauce

From Your Kitchen

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

1. NICE PILAF Boil the kettle. Place a pot over medium heat with a knob of butter (optional) and a drizzle of oil. When hot, add the sliced onion and fry for 5-6 minutes until soft, shifting occasionally. Add the cumin seeds and fry for another 1-2 minutes until fragrant, shifting constantly. Add the pilaf rice, 450ml of boiling water, and seasoning. Cover with a lid and simmer for 10-15 minutes until the rice is cooked. Remove from the heat and add the peas and ½ the rinsed spinach. Set aside to steam for 5-6 minutes.

2. CRISS CROSS Pat the duck breasts dry with paper towel. Using a sharp knife, score the skin by cutting slits into its surface down the length of the breasts in a broad, cross-hatch pattern. Take care not to cut too deep and pierce the flesh. Season and set aside until frying. Dress the remaining spinach with a drizzle of oil and seasoning.

3. SEAR YOU LATER When the rice is steaming, place the duck breasts in a cold pan skin-side down without oil. Place over medium heat and let the duck fat render while the pan heats up. Fry for 8-10 minutes until the skin is crispy. Turn up the heat and drain the excess duck fat. Flip the duck breasts, and cook for 2-4 minutes on the other side (for a medium-rare result.) In the final 1-2 minutes, baste the duck with a knob of butter (optional), the grated garlic, and the grated ginger. Remove from the pan on completion and allow to rest for 3 minutes before slicing.

4. DINNER IS SERVED Make a bed of the flavourful rice. Top with the fragrant duck slices and drizzle with the plum sauce. Side with the dressed spinach. Look at you go, Chef!



Chef's Tip

The reason we put the duck in a cold pan without oil is because the duck will render its own fat!

Nutritional Information

Per 100g

Energy	650kj
Energy	155kcal
Protein	9g
Carbs	18g
of which sugars	4g
Fibre	2.4g
Fat	5.2g
of which saturated	1.3g
Sodium	106mg

Allergens

Allium, Sulphites

Cook
within 3
Days