



# UCOOK

## Duck Confit & Glorious Gratin

with flaked almonds, Italian-style cheese & fresh parsley

A UCOOK take on not one, but two dinner classics! Succulent, perfectly warmed confit duck leg is served alongside a beautiful potato & leek gratin. Topped with crunchy toasted almonds and fresh fragrant parsley, you will be very happy you tried this absolutely delish dish!

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**Hands-On Time:** 25 minutes

**Overall Time:** 55 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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 Fan Faves

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 Boschendal | Rose Garden Rosé

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## Ingredients & Prep

|       |                                                              |
|-------|--------------------------------------------------------------|
| 2     | Free-range Confit Duck Legs                                  |
| 40ml  | Panko Breadcrumbs                                            |
| 20ml  | Grated Italian-style Cheese                                  |
| 8g    | Fresh Parsley<br><i>rinsed, picked &amp; roughly chopped</i> |
| 20ml  | Chicken Stock                                                |
| 400ml | Fresh Milk                                                   |
| 2     | Garlic Cloves<br><i>peeled &amp; grated</i>                  |
| 400g  | Potato<br><i>rinsed, peeled &amp; thinly sliced</i>          |
| 200g  | Leeks<br><i>washed thoroughly &amp; thinly sliced</i>        |
| 20g   | Flaked Almonds                                               |
| 40g   | Green Leaves<br><i>rinsed</i>                                |

## From Your Kitchen

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

**1. DUCK & CRUMB** Boil the kettle. Preheat the oven to 180°C. Place the duck legs in a roasting dish, along with all the fat from the packaging. Season and roast in the hot oven for 20-25 minutes until warmed through. In a small bowl, combine the breadcrumbs, the grated cheese, and ½ the chopped parsley.

**2. HEAT THE MILK** Place a pot over a medium-high heat. Add 125ml of boiling water, the stock, the milk, and the grated garlic. Leave to simmer for 2-3 minutes until small bubbles begin to form, stirring occasionally. Remove from the heat and set aside to infuse for a few minutes.

**3. ASSEMBLE THE GRATIN** Lightly grease an ovenproof dish and spread out the potato and leek slices. Pour over the infused milk mixture. Sprinkle over some seasoning and the cheesy crumb mixture. Loosely cover with tinfoil and roast in the hot oven for 25-30 minutes or until the potatoes are soft (when poked with a knife). In the final 5 minutes, remove the tinfoil to brown the crumb.

**4. REMAIN CALM-OND!** Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

**5. FRESHNESS INCOMING** Just before serving, toss the green leaves with ½ the toasted almonds, seasoning, and a drizzle of oil.

**6. THE PERFECT DUCK DINNER** Plate up the warm confit duck and side with a generous helping of the creamy potato and leek gratin. Serve with the fresh green salad. Finish off with a sprinkling of the remaining chopped parsley and almonds. Well done, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 890kj   |
| Energy             | 213Kcal |
| Protein            | 7.1g    |
| Carbs              | 9g      |
| of which sugars    | 2.1g    |
| Fibre              | 1.4g    |
| Fat                | 17g     |
| of which saturated | 5.9g    |
| Sodium             | 840mg   |

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within 2  
Days