



UCOOK

Duck & Sticky Coconut Rice

with charred pineapple pieces & peas

On a bed of coconut milk-infused jasmine rice, layered with charred-sweet pineapple pieces and pops of green peas, lie crispy-skin duck slices. By basting the succulent duck in a zingy Thai curry paste and drizzling the dish with pan juices, you should prepare yourself for a punch of flavour with every bite!


Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Creation Wines | Creation Viognier Roussanne 2020

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Ingredients & Prep

75ml	Jasmine Rice
100ml	Coconut Milk
40g	Peas
1	Free-range Duck Breast
15ml	Zingy Paste <i>(5ml Thai Green Curry Paste & 10ml Lemon Juice)</i>
1	Onion
20g	Salad Leaves
4g	Fresh Coriander
1	Fresh Chilli
40g	Pineapple Pieces

From Your Kitchen

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

1. DOWN IN COCOMO Rinse the rice under cold water until it runs clear. Place in a lidded pot, over medium-high heat with 100ml of salted water and the coconut milk. Once boiling, reduce the heat and simmer for 10-15 minutes until the liquid has been absorbed and the rice is tender. On completion, toss through the peas, cover with the lid, and steam for a further 10 minutes. Fluff up with a fork and remove from the heat.

2. QUICK QUACK Pat the duck breast dry with paper towel. Using a sharp knife, score the skin by cutting slits into its surface down the length of the breast in a broad, cross-hatch pattern. Take care not to go too deep and pierce the flesh. Season to taste.

3. THE SOUND OF SIZZLING DUCK Place the cross-hatched duck breast in a cold pan skin-side down without oil (the duck breast will render its own fat). Place over 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 2-4 minutes on the other side. (This time frame will yield a medium-rare result.) In the final 1-2 minutes, baste the duck with the zingy paste and a knob of butter. Remove from the pan, reserving the pan juices, and rest for 3 minutes before slicing.

4. SLICE AND MAKE NICE Peel and roughly slice ½ of the onion. Rinse the salad leaves and the coriander. Roughly chop the coriander. Deseed and roughly slice the chilli. Drain the pineapple pieces. In a bowl, dress the rinsed salad leaves with a drizzle of oil and seasoning.

5. HOW DO YOU LIKE 'EM PINEAPPLES? Return the pan to a medium heat with a drizzle of oil. When hot, add the drained pineapple pieces and the sliced onion. Fry for 3-4 minutes until the pineapple pieces are starting to char, shifting occasionally. Add the cooked rice and mix until combined. Remove from the heat and season to taste.

6. A DELICIOUS DUCK DINNER Plate up the coconut rice. Top with the duck slices and any reserved pan juices. Side with the dressed green leaves. Sprinkle over the sliced chilli (to taste) and the chopped coriander. Look at you, Chef!



Chef's Tip

If your onions are too crunchy for your liking after the recommended cooking time, cook them for a few minutes longer!

Nutritional Information

Per 100g

Energy	618kJ
Energy	148kcal
Protein	5.9g
Carbs	16g
of which sugars	2.6g
Fibre	1.2g
Fat	6.7g
of which saturated	3.4g
Sodium	138mg

Allergens

Allium, Sulphites

Cook
within 3
Days