



# 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!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Quick & Easy

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 Creation Wines | Creation Viognier Roussanne 2020

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## Ingredients & Prep

|       |  |
|-------|--|
| 300ml | Jasmine Rice   |
| 400ml | Coconut Milk   |
| 160g  | Peas   |
| 4     | Free-range Duck Breasts  |
| 60ml  | Zingy Paste<br><i>(20ml Thai Green Curry Paste &amp; 40ml Lemon Juice)</i> |
| 2     | Onions   |
| 80g   | Salad Leaves   |
| 15g   | Fresh Coriander  |
| 2     | Fresh Chillies   |
| 160g  | 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 400ml 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 breasts dry with paper towel. Using a sharp knife, score the skin by cutting slits into its surface down the length of each 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 breasts in a cold pan skin-side down without oil (the duck breasts will render their 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 breasts, 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 the onions. Rinse the salad leaves and the coriander. Roughly chop the coriander. Deseed and roughly slice the chillies. 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 4-5 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