



UCCOOK

Creation's Confit Duck & Zucchini Fries

with a cucumber & Danish-style feta salad

Succulent confit duck is drizzled with a smoked paprika hummus and served alongside crispy battered zucchini fries. Accompanied by a refreshing cucumber & feta salad. Get ready to impress your guests, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Creation Winery

 Adventurous Foodie

 Creation Wines | Creation Pinot Noir

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Ingredients & Prep

200ml	Cake Flour
100ml	Low Fat Fresh Milk
200g	Baby Marrow <i>rinsed, trimmed & sliced into 1cm thick strips</i>
2	Free-range Confit Duck Legs
80ml	Hummus
10ml	Smoked Paprika
20ml	Lemon Juice
40g	Green Leaves <i>rinsed</i>
100g	Cucumber <i>rinsed & roughly diced</i>
50g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. BATTER & FRY Preheat the oven to 180°C. Place the flour in a shallow dish and season generously. Pour the milk into a second dish. Coat the marrow strips in the milk and then in the flour. Place a pan over medium-high heat with enough oil to cover the base. When hot, lower the floured marrow into the oil. Fry until browned, 2-3 minutes. Use a slotted spoon to flip the strips so they brown evenly. Fry in batches if necessary. Drain on paper towel and season. Warm up just before serving.

2. ROAST THE DUCK Place the duck in a roasting dish, along with all the fat from the packaging. Roast in the hot oven until warmed through, 20-25 minutes.

3. DO THE DRIZZLE In a bowl, combine the hummus with the smoked paprika, ½ the lemon juice (to taste), and seasoning. Loosen with water in 5ml increments until drizzling consistency and set aside.

4. SIMPLE SALAD Place the rinsed green leaves in a salad bowl with the diced cucumber and the crumbled feta. Toss together with a drizzle of olive oil, the remaining lemon juice, and seasoning. Set aside.

5. READY FOR PLATING Serve up the confit duck and drizzle with the smoked paprika hummus. Place the zucchini fries and dressed cucumber & feta salad alongside. Nice one, Chef!

Nutritional Information

Per 100g

Energy	901kJ
Energy	215kcal
Protein	7.5g
Carbs	14g
of which sugars	1.5g
Fibre	1.3g
Fat	14.9g
of which saturated	5.5g
Sodium	676mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within
4 Days