



# UCOOK

## Duck Ragù & Blue Cheese Mash

with a fresh apple & walnut salad

Shredded confit duck is cooked in a rich white wine & tomato sauce to create a hearty ragù. Accompanied by creamy & flavourful blue cheese mash. A fresh apple and nutty walnut salad adds a touch of sweetness & crunch to balance out the richness. The most more-ish dish ever!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Natalie Rohrs

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 Adventurous Foodie

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 Waterford Estate | Range Grenache Noir 2019

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## Ingredients & Prep

400g	Potato <i>peeled &amp; cut into bite-sized chunks</i>
40g	Blue Cheese <i>crumbled</i>
2	Free-range Confit Duck Legs
1	Onion <i>peeled &amp; finely diced</i>
120g	Carrot <i>trimmed, peeled (optional) &amp; finely diced</i>
20ml	Tomato Paste
60ml	White Wine
200ml	Tomato Passata
40g	Salad Leaves <i>rinsed</i>
1	Apple <i>cored &amp; cut into thin slices</i>
10g	Walnuts <i>roughly chopped</i>
8g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Milk (optional)  
Butter (optional)

**1. NO ORDINARY MASH** Place a pot of cold, salted water over high heat. Add the potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until soft. Drain and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water, a knob of butter (optional), the crumbled blue cheese (to taste), and seasoning.

**2. SHRED IT UP** While the potatoes are boiling, remove the duck from the packaging. Scrape the meat off the bone. Using two forks, one to secure the duck and the other to shred, gently shred the duck. Discard the bones, large pieces of fat, and any bits of gristle.

**3. READY TO RAGÙ** Boil the kettle. Place a pan over medium-high heat with a drizzle of oil. When hot, add the diced onion & carrot. Fry for 5-7 minutes until soft and starting to brown, shifting occasionally. Add the tomato paste and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the wine and simmer for 2-3 minutes until almost all evaporated.

**4. SIMMERING AWAY** Once the wine has almost all evaporated, add the tomato passata, 200ml of boiling water, salt, pepper, and a sweetener of choice to the pan. Simmer for 10-15 minutes until slightly reduced. Add an extra splash of water if the sauce reduces too quickly. In the final 5-6 minutes, add the shredded duck. Season to taste.

**5. CRUNCHY FRESHNESS** In a salad bowl, combine the rinsed salad leaves, the apple slices, the chopped walnuts, a drizzle of oil, and seasoning.

**6. EAT UP** Pile up the blue cheese mash and side with the flavourful duck ragù. Serve the apple & walnut salad alongside and garnish with the chopped parsley. Dig in, Chef!



## Chef's Tip

To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.

## Nutritional Information

Per 100g

Energy	527kJ
Energy	126kcal
Protein	3.9g
Carbs	10g
of which sugars	3.6g
Fibre	1.8g
Fat	8g
of which saturated	2.9g
Sodium	384mg

## Allergens

Dairy, Allium, Tree Nuts, Alcohol

Cook  
within  
4 Days