



# UCOOK

## Duck Confit & Crispy Rice Patties

with fresh coriander & radish

Sticky sushi rice is cooked to perfection before being shaped into little patties, covered in a crunchy crumb, and fried until golden. Topped with wasabi mayo and sweet shredded duck confit, this dish really isn't too good to be true! It is sided with a fresh salad and sprinkled with coriander for a fragrant finish.

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**Hands-On Time:** 50 minutes

**Overall Time:** 65 minutes


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**Serves:** 4 People

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**Chef:** Thea Richter

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 Adventurous Foodie

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 Boschendal | Rose Garden Rosé

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## Ingredients & Prep

400ml	Sushi Rice
4	Free-range Duck Leg Confit
80ml	Sweet Soy Sauce
170ml	Kewpie Mayo
20ml	Wasabi Powder
200g	Edamame Beans
80g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
80g	Radish <i>rinsed &amp; sliced into rounds</i>
20ml	Rice Wine Vinegar
125ml	Cake Flour
400ml	Panko Breadcrumbs
15g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Egg/s  
Paper Towel

**1. RICE** Rinse the rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a lidded pot, over medium-high heat with 1L of salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat.

**2. SHRED** Boil the kettle. Remove the duck from the packaging. Scrape the meat off the bone. Using two forks, gently shred the duck. Discard the bones and any excess duck fat.

**3. PREP** Loosen the sweet soy sauce with water in 5ml increments until drizzling consistency. Set aside. In a bowl, combine the mayo and the wasabi powder (to taste). Add in water in 5ml increments until slightly loosened. Place the edamame beans in salted boiling water for 3-4 minutes until plump. Drain on completion and place in a salad bowl. Just before serving, add the rinsed salad leaves, the radish rounds, a drizzle of oil, and seasoning to the bowl. Toss until combined.

**4. PATTY** When the rice is done, add the vinegar and a sweetener of choice (to taste) to the rice. Divide the rice into 12 portions. Place a portion of the rice on the palm of your hand or a chopping board. Gently flatten into a flat patty, about 1cm thick and 2-4cm wide. Repeat with the remaining portions of rice. Set aside in the freezer for at least 10 minutes. While the rice is cooling, place a pan over a medium-high heat with a small drizzle of oil. When hot, add the shredded duck and fry for 4-5 minutes until browned, shifting occasionally. In the final minute, add ½ the sweet soy. Remove from the pan and season.

**5. CRUMB** In a shallow dish, whisk 3 eggs and a splash of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly), and the other the breadcrumbs. Coat the rice patties in the flour, then the egg, and lastly, in the breadcrumbs. Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the crumbed rice patties and fry for 3-4 minutes, shifting as they colour. On completion, the crumb should be browned. You may need to do this step in batches. Remove and drain on paper towel.

**6. YUM!** Plate up the rice patties and top with the wasabi mayo. Top with the shredded duck. Drizzle over the remaining sweet soy or serve on the side. Serve with the salad. Sprinkle over the picked coriander.



## Chef's Tip

If the rice is too hot to shape into patties, simply set it aside in the fridge for at least 10 minutes until cooled.

## Nutritional Information

Per 100g

Energy	1435kj
Energy	343Kcal
Protein	8.1g
Carbs	29g
of which sugars	1.2g
Fibre	1.3g
Fat	15.7g
of which saturated	5g
Sodium	673mg

## Allergens

Egg, Gluten, Wheat, Sulphites, Soy

Cook  
within  
4 Days