



UCOOK

Chinese-style Duck Legs

with **crispy baby potatoes**

An unusual friendship unfolds between China and France in this exciting dish of Chinese 5 spice roasted duck confit. Coated in a finger-licking sticky sauce elevated with spring onion & sesame seeds, and served alongside crispy baby potatoes & a fresh salad. Prepare to go on an international odyssey!

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Creation Wines | Creation Rosé 2022

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & quartered</i>
5ml	White Sesame Seeds
1	Garlic Clove <i>peeled & grated</i>
5ml	Chinese 5 Spice
5ml	Rice Wine Vinegar
30ml	Red Wine Vinegar
5ml	Indonesian Soy Sauce
1	Free-range Confit Duck Leg
5ml	Cornflour
20g	Salad Leaves <i>rinsed</i>
1	Spring Onion <i>rinsed & finely sliced</i>

From Your Kitchen

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

1. OH BABY! Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil and seasoning. Roast in the hot oven for 25-30 minutes until crispy on the outside and soft on the inside, shifting halfway.

2. OPEN SESAME Place the sesame seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

3. STICKY SAUCE Return the pan to medium heat with a drizzle of oil. When hot, add the grated garlic and the Chinese 5 spice and fry for 1-2 minutes until fragrant, shifting constantly. Add the rice wine vinegar, the red wine vinegar, the soy sauce, and 100ml of water. Bring to the boil, then reduce the heat and simmer for 5-6 minutes, until slightly thickened. Remove from the heat.

4. DUCK, DUCK, GO! Place the duck in a deep ovenproof dish. Pour the sauce over the duck, cover with tinfoil and roast for 20-25 minutes. In the final 5 minutes, remove the foil, drain the sauce and reserve it for the next step. Roast the duck for 5-6 minutes until crisping up.

5. SAY YES TO THE DRESSING In a small bowl, mix the cornflour with 1 tsp of water. Pour the sauce back into the pan and add the cornflour mixture. Return to medium heat. Simmer for 2-3 minutes until thickened. Dress the rinsed salad leaves with a drizzle of oil and some seasoning.

6. DEVOUR THE DUCK Plate up the roasted potatoes, side with the flavourful duck and pour over the sauce. Serve the dressed salad leaves on the side and sprinkle the toasted sesame seeds over the duck. Garnish with a sprinkle of sliced spring onions. Well done, Chef!

Nutritional Information

Per 100g

Energy	856kj
Energy	205kcal
Protein	5.8g
Carbs	11g
of which sugars	2.7g
Fibre	1g
Fat	14.7g
of which saturated	5g
Sodium	740mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Alcohol, Soy

Cook
within 3
Days