



U COOK

— COOKING MADE EASY

Butter Duck Masala

with coconut milk, fluffy basmati & toasted coconut flakes

Just when you thought butter chicken couldn't get better! This rich, crispy-skinned duck breast is a first-class partner for silky coconut curry, infused with tamarind and spices. The grandest masala you ever will eat, with a fabulous balance of spicy and sweet!

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Thandi Mamacos

 **Easy Peasy**

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Ingredients & Prep

10g	Coconut Flakes
1	Free-Range Duck Breast
100ml	White Basmati Rice
1	Onion <i>one half peeled & sliced</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
1	Fresh Chilli <i>deseeded & roughly sliced</i>
15g	Spice and All Things Nice Butter Chicken Curry Paste
200ml	Coconut Milk
5ml	Tamarind Paste
5ml	Rice Wine Vinegar
3g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. TOASTED COCONUT Place a nonstick pan over a medium heat. When hot, toast the coconut flakes for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. PREP & CRISP THE DUCK SKIN Pat the duck breast dry with some paper towel. Using a sharp knife, score the skin by cutting slits into its surface down the length of the breast in a broad, cross-hatch pattern. Don't pierce the flesh by cutting too deep. Season the scored skin with salt. Return the pan to a medium heat and pop in the breast skin-side down. (It doesn't need oil; the duck will render its own fat.) Fry the skin for 6-8 minutes until crispy. On completion, remove the pan from the heat and set aside – the breast will be cooked through in step 5.

3. COOK THE RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of salted water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

4. MASALA MADNESS! Place a second pot over a medium heat and add a spoon of duck fat from the pan. When hot, sauté the sliced onion for 3-4 minutes until soft and translucent. Stir in the grated garlic, the grated ginger, the sliced chilli to taste, and the curry paste. Fry for 1-2 minutes until fragrant, shifting regularly. Pour in the coconut milk and stir through the tamarind paste until incorporated. Bring to a gentle simmer, then cook for 10-15 minutes until thickened.

5. ALMOST THERE... Return the pan containing the breast to a medium-high heat and turn skin-side up. Allow the fat to reheat and fry the breast for 4-5 minutes until cooked through. (This time frame will yield slightly pink, medium-rare flesh.) Remove from the heat on completion and allow to rest in the pan for 2-3 minutes before thinly slicing. Once the sauce has thickened, remove from the heat and taste to test. Season with the rice wine vinegar, some salt, and a sweetener of choice to taste.

6. DECADENT DUCK CURRY Make a bed of fluffy rice, top with the duck slices, and pour over the silky butter masala sauce. Garnish with the chopped, toasted coconut and the fresh, chopped coriander. Unbelievable, Chef!



Chef's Tip

'Scoring' is cutting slits on the surface of a piece of raw meat. This means a greater surface area is exposed to the heat during cooking, leading to crispier and more evenly cooked results!

Nutritional Information

Per 100g

Energy	666kj
Energy	159Kcal
Protein	8.7g
Carbs	13g
of which sugars	1.6g
Fibre	1.4g
Fat	7.3g
of which saturated	5.4g
Sodium	31mg

Allergens

Allium, Sulphites

Cook
within 3
Days