



# 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!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes


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**Serves:** 4 People


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**Chef:** Creation Winery

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 Adventurous Foodie

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 Creation Wines | Creation Pinot Noir

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## Ingredients & Prep

|       |  |
|-------|--|
| 400ml | Cake Flour   |
| 200ml | Low Fat Fresh Milk   |
| 400g  | Baby Marrow<br><i>rinsed, trimmed &amp; sliced into 1cm thick strips</i> |
| 4     | Free-range Confit Duck Legs  |
| 160ml | Hummus   |
| 20ml  | Smoked Paprika   |
| 40ml  | Lemon Juice  |
| 80g   | Green Leaves<br><i>rinsed</i>  |
| 200g  | Cucumber<br><i>rinsed &amp; roughly diced</i>                            |
| 100g  | Danish-style Feta<br><i>drained &amp; 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