



UCCOOK

Garlic Duck & Herby Baby Potatoes

with a garden salad & crème fraîche

Soft baby potatoes are spiced with NOMU Provençal rub and are served with crispy duck breast basted in fragrant garlic. A simple garden salad and a refreshing light crème fraîche drizzle completes this delicious dish. Easy, peasy and yummy!


Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Boschendal | Chardonnay Pinot Noir

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Ingredients & Prep

200g	Baby Potatoes
50g	Cucumber
20g	Salad Leaves
1	Garlic Clove
20ml	Crème Fraîche
1	Free-range Duck Breast
5ml	NOMU Provençal Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. BOIL & PREP Place the baby potatoes in a pot of salted water over a high heat. Pop on the lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 15-20 minutes until cooked through and soft. Remove from the heat, drain, and return to the pot. While the potatoes are boiling, cut the cucumber into half-moons and rinse the salad leaves. Peel and grate the garlic. Loosen the crème fraîche with water in 5ml increments until a drizzling consistency.

2. DUCK... DUCK... GARLIC! Pat the duck breast dry with paper towel. Place in a cold pan skin-side down without oil (the duck breast will render its own fat). Place over a medium heat and let the duck fat render while the pan heats up. Fry for 5-8 minutes until the skin is crispy. Turn up the heat to medium-high and drain the excess duck fat, reserving it for Step 3. Flip the duck breast, and cook for 2-4 minutes on the other side. (This time frame will yield a medium-rare result.) In the final 1-2 minutes, baste the duck with the grated garlic, ½ the rub and a knob of butter. Remove from the pan on completion and allow to rest for 3 minutes before slicing.

3. TOSS When the potatoes are done, add the remaining rub, a drizzle of the reserved duck fat, and seasoning to the pot. Toss until fully coated. In a salad bowl, add the rinsed salad leaves, the cucumber half-moons, a drizzle of oil, and seasoning.

4. LET'S EAT! Plate up the soft baby potatoes and side with crispy garlic duck slices and the fresh salad. Drizzle over the loosened crème fraîche. Well done, Chef!



Chef's Tip

For this recipe, you can halve the baby potatoes when prepping them if you like – and you have the extra time and energy!

Nutritional Information

Per 100g

Energy	504kj
Energy	120Kcal
Protein	6.4g
Carbs	8g
of which sugars	1.5g
Fibre	0.9g
Fat	6.4g
of which saturated	2.4g
Sodium	130mg

Allergens

Dairy, Allium

Cook
within 3
Days