



UCOOK

Spicy Duck Bao Buns

with a smashed cucumber salad & golden carrot wedges

Simplicity and flavour at its finest! Strips of duck breast, coated in a spicy gochujang and BBQ sauce, piled inside fluffy bao buns. Served with heaps of fresh herbs, a zingy smashed cucumber salad, and roasted carrot wedges.


Hands-On Time: 40 minutes

Overall Time: 65 minutes

Serves: 4 People

Chef: Hannah Duxbury

 Easy Peasy

 Niel Joubert | Reserve Shiraz

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Ingredients & Prep

| | |
|-------|--|
| 960g | Carrot <i>rinsed, trimmed & cut into wedges</i> |
| 300g | Cucumber |
| 150ml | Dressing <i>(60ml Rice Wine Vinegar, 30ml Sesame Oil & 60ml Low Sodium Soy Sauce)</i> |
| 4 | Free-range Duck Breasts |
| 180ml | Marinade <i>(80ml Gochujang & 100ml Asian BBQ Sauce)</i> |
| 12 | Bao Buns <i>defrosted</i> |
| 15g | Fresh Coriander <i>rinsed & picked</i> |
| 15g | Fresh Mint <i>rinsed & picked</i> |
| 4 | Spring Onions <i>rinsed & finely sliced</i> |

From Your Kitchen

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

1. ROASTED WEDGES Preheat the oven to 200°C. Boil the kettle. Spread out the carrot wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up.

2. SMASHING... Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and salt lightly. In a bowl, combine the dressing with 4 tbsp of a sweetener of choice. Mix until fully combined. Add the cucumber pieces and toss until fully coated. Set aside to marinate until serving.

3. CRISPY DUCK Pat the duck dry with a paper towel. Place the duck breast in a cold pan skin-side down without oil (the duck breast will render in 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. Flip the duck breast and cook for 2-4 minutes on the other side. Remove the duck from the pan and slice into thin strips. Return the pan to a medium-high heat. Add back the duck slices and ½ the marinade. Baste the duck slices for 2-3 minutes, until the sauce is sticky and the strips are fully coated. Season to taste.

4. BAO BONANZA Place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the bao buns in a colander over the pot. Cover and allow to steam for 5-6 minutes until cooked through and soft. Alternatively, use a steamer if you have one. Once cool enough to handle, use a knife to gently open each bun.

5. BEAUTIFUL BUNS! Fill the buns with the spicy duck strips and drizzle over the remaining marinade. Top with a generous heap of the picked coriander and mint. Sprinkle over the spring onion slices. Serve the smashed cucumbers and the roasted carrot wedges on the side. Stunning, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 352kj |
| Energy | 84Kcal |
| Protein | 6.2g |
| Carbs | 9g |
| of which sugars | 6g |
| Fibre | 1.6g |
| Fat | 2.5g |
| of which saturated | 0.5g |
| Sodium | 188mg |

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within 3
Days