



UCCOOK

Heavenly Hazelnut Duck

with parsnip mash & a sage burnt butter

Cured and roasted in its own fat, duck confit is considered a true delicacy. With this dish, it's served with creamy parsnip mash, sage burnt butter and an apple and radish salad. Delectable!

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Kate Gomba

♥ Health Nut

🍷 Fat Bastard | Chardonnay

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Ingredients & Prep

2	Free-range Duck Leg Confit
400g	Parsnips <i>trimmed, peeled & cut into bite-sized pieces</i>
8g	Fresh Sage <i>rinsed, picked & dried</i>
40g	Hazelnuts <i>finely chopped</i>
1	Lemon <i>zested & cut into wedges</i>
1	Apple <i>rinsed</i>
40g	Salad Leaves <i>rinsed & roughly torn</i>
40g	Radish <i>rinsed & sliced into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Milk (optional)

1. SLOW ROASTED DUCK Preheat the oven to 160°C. Place the duck legs in a roasting dish, along with all the fat from the packaging. Season and roast in the hot oven for 35-40 minutes until warmed through.

2. PARSNIP MASH Place the parsnip chunks in a pot and submerge in salted water. Place over a medium heat and bring to a boil. Cook for 15-20 minutes until tender. Drain on completion. Return the parsnips to the pot and add a knob of butter or coconut oil, and a splash of milk or water. Mash with a fork or potato masher until desired consistency. Season and cover to keep warm.

3. CRISPY SAGE Place a pan over a medium-high heat with 40g of butter. Once foaming, add the rinsed sage leaves and spread out in a single layer. Fry for 1-2 minutes until the butter has a nutty aroma and the leaves are crispy – watch closely to make sure they don't burn! On completion, remove from the pan.

4. HAZELNUT SPRINKLE & FRESH SALAD Combine the finely chopped nuts with a pinch of lemon zest. When the duck has 5-6 minutes to go, remove from the oven and sprinkle over the zesty nuts. Pop back in the oven and roast for the remaining time, until golden. Slice the apple into half-moons. Place in a bowl, with the rinsed green leaves, the sliced radish, a squeeze of lemon juice (to taste), and some seasoning. Toss until fully combined.

5. INDULGE YOURSELF Plate up the creamy mash. Side with the crispy duck, and the fresh salad. Drizzle the sage butter over the mash and scatter over the crispy sage leaves. Serve with any remaining lemon wedges. Bon appétit, Chef!

Nutritional Information

Per 100g

Energy	969kJ
Energy	231Kcal
Protein	7.3g
Carbs	8g
of which sugars	2.3g
Fibre	2.8g
Fat	21.8g
of which saturated	7g
Sodium	923mg

Allergens

Tree Nuts

Cook
within
4 Days