



UCCOOK

Duck & Shoyu Ramen

with pak choi & mushrooms

Al dente egg noodles, juicy duck breast, fresh pak choi, and spicy togarashi all come together in a warm bowl of mushroom shoyu broth made with dashi, mirin, and soy sauce. Too good to be true!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Adventurous Foodie

 Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

1 cake	Egg Noodles
100g	Pak Choi <i>trimmed, rinsed, stems finely sliced & leaves sliced in half lengthways</i>
5ml	Black Sesame Seeds
1	Nori Sheet
65g	Mushrooms <i>cut into quarters</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
5ml	Dashi Granules
25ml	Broth Seasoning <i>(15ml Low Sodium Soy Sauce & 10ml Mirin)</i>
2,5ml	Togarashi Spice
1	Free-range Duck Breast

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s (optional)
Paper Towel

1. NOODLES Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. Drain, reserving the water in the pot, and toss through some oil to prevent sticking. Set aside.

2. PAK CHOI Return the pot of hot water to a medium heat and bring to a simmer. Blanch the halved pak choi leaves for 30-60 seconds until wilted but still vibrant green. Drain on paper towel and set aside.

3. RAMEN Place the seeds in a pan over medium heat. Toast for 2-4 minutes until starting to pop, shifting regularly. Remove from the pan. Return the pan to medium heat with the nori sheet. Toast for 1-2 minutes, flipping halfway, until slightly crispy. Remove from the pan, roughly shred and set aside.

4. MUSHROOMS Return the pan to medium-high heat with a drizzle of oil. When hot, add the quartered mushrooms and fry for 5-6 minutes until golden, shifting as they colour. In the final 30 seconds, add the spring onion whites. Remove from the pan.

5. A DASH OF DASHI Return the pot to medium heat with the dashi granules, the broth seasoning, ½ the togarashi (to taste), and 500ml water. Bring to a simmer, then add the fried mushrooms & spring onions and the sliced pak choi stems. Simmer for 1-2 minutes. Remove from the heat and cover.

6. DUCK Pat the duck dry with paper towel. Return the pan, wiped down, to medium heat. Add the duck breast skin-side down without oil (the duck breast will render its own fat). Let the duck fat render while the pan heats up. Fry for 8-10 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. (This time frame will yield a medium-rare result.) Remove from the pan and rest for 3 minutes before slicing and seasoning.

7. DIG IN! Bowl up the egg noodles. Top with the wilted pak choi leaves, the duck slices, and the boiled egg (if using). Ladle over the mushroom dashi broth and sprinkle over the remaining togarashi (to taste). Garnish with the shredded nori, the sesame seeds and the spring onion greens.



Chef's Tip

If you would like to add a boiled egg to your dinner, bring a pot of water to the boil. Cook the egg to your preference. Peel when cool and slice in half.

Nutritional Information

Per 100g

Energy	574kJ
Energy	137kcal
Protein	9.4g
Carbs	13g
of which sugars	1.8g
Fibre	1.3g
Fat	5.7g
of which saturated	1.5g
Sodium	729mg

Allergens

Egg, Gluten, Allium, Sesame,
Wheat, Sulphites, Fish, Alcohol, Soy,
Shellfish/Seafood

**Cook
within 2
Days**