



UCOOK

Duck & Beet Hummus

with tahini & toasted sourdough

Crispy-skinned duck, juicy and light pink on the inside, is served with NOMU Provençal Blend-infused carrots, crispy toasted baguette rounds, an olive & sunflower seed salad, and - last but not least - hummus-inspired creamy tahini beets. It's the festive season on a plate, Chef!

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

Adventurous Foodie

Strandveld | The Navigator Red Blend

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Ingredients & Prep

300g	Beetroot <i>trim, peel (optional) & cut into bite-sized pieces</i>
360g	Carrot <i>rinse, trim & cut into wedges</i>
30ml	NOMU Provençal Rub
3	Free-range Duck Breasts
150ml	Greek Yoghurt
30ml	Tahini
60g	Salad Leaves <i>rinse & roughly shred</i>
60g	Pitted Black Olives <i>drain & roughly chop</i>
2	Sourdough Baguettes <i>cut into rounds</i>
30g	Sunflower Seeds

From Your Kitchen

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

1. ROASTED Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). In a bowl, toss the carrot wedges with a drizzle of oil, seasoning, and the NOMU rub. Set aside.

2. SWEET VEG When the beetroot has been in for 10 minutes, pop the tray of carrot wedges into the hot oven. Roast in the hot oven for the remaining time or until the vegetables are cooked through and crisping up, shifting halfway.

3. CRISPY DUCK Pat the duck breasts dry with paper towel. Using a sharp knife, score the fat by cutting slits through the surface of its skin in a broad cross-hatch pattern, without going too deep and piercing the flesh. Place the duck in a cold pan, skin-side down, without oil (the duck will render its own fat). Place over medium heat and let the duck fat render while the pan heats up. Sear until the skin is crispy, 5-8 minutes. Turn the heat up to medium-high and drain the excess duck fat from the pan. Flip the duck, and sear until browned, 2-4 minutes (for medium-rare). Remove from the pan and rest for 3 minutes before slicing and seasoning.

4. PINK YOGHURT When the vegetables are done, place the roasted beetroot in a blender along with 2 tbsp of water. Pulse until smooth. Remove from the blender and place in a bowl. Add the yoghurt, the tahini, and seasoning. Loosen with water in 5ml increments until the consistency of hummus. Set aside for serving. In a bowl, combine the shredded leaves, the chopped olives, a drizzle of olive oil, and seasoning.

5. TOASTED Spread oil over the baguette rounds. Place a pan over medium heat. When hot, toast the baguette rounds until golden, 2-3 minutes per side.

6. SERVE IT UP! Plate up the duck slices and side with the roasted carrot wedges and the salad. Serve with the toasted baguette rounds. Scatter the sunflower seeds over the salad and serve the creamy beetroot on the side for dipping. Enjoy, Chef!

Chef's Tip

If you want to toast your seeds, place them in a pan over medium heat. Toast for 2-4 minutes until lightly browned. Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	634kJ
Energy	152kcal
Protein	8.1g
Carbs	16g
of which sugars	2.4g
Fibre	1.9g
Fat	6.2g
of which saturated	1.5g
Sodium	261mg

Allergens

Gluten, Sesame, Wheat, Sulphites,
Cow's Milk

Eat
Within
3 Days