



UCOOK

Duck Confit & Crispy Rice Patties

with fresh coriander & radish

Sticky sushi rice is cooked to perfection before being shaped into little patties, covered in a crunchy crumb, and fried until golden. Topped with wasabi mayo and sweet shredded duck confit, this dish really isn't too good to be true! It is sided with a fresh salad and sprinkled with coriander for a fragrant finish.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Boschendal | Rose Garden Rosé

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Ingredients & Prep

100ml	Sushi Rice
1	Free-range Duck Leg Confit
20ml	Sweet Soy Sauce
45ml	Kewpie Mayo
5ml	Wasabi Powder
50g	Edamame Beans
20g	Salad Leaves <i>rinsed & roughly shredded</i>
20g	Radish <i>rinsed & sliced into rounds</i>
5ml	Rice Wine Vinegar
30ml	Cake Flour
100ml	Panko Breadcrumbs
4g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. RICE Rinse the rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a lidded pot, over medium-high heat with 250ml of salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat.

2. SHRED Boil the kettle. Remove the duck from the packaging. Scrape the meat off the bone. Using two forks, gently shred the duck. Discard the bones and any excess duck fat.

3. PREP Loosen the sweet soy sauce with water in 5ml increments until drizzling consistency. Set aside. In a bowl, combine the mayo and the wasabi powder (to taste). Add in water in 5ml increments until slightly loosened. Place the edamame beans in salted boiling water for 3-4 minutes until plump. Drain on completion and place in a salad bowl. Just before serving, add the rinsed salad leaves, the radish rounds, a drizzle of oil, and seasoning to the bowl. Toss until combined.

4. PATTY When the rice is done, add the vinegar and a sweetener of choice (to taste) to the rice. Divide the rice into 3 portions. Place a portion of the rice on the palm of your hand or a chopping board. Gently flatten into a flat patty, about 1cm thick and 2-4cm wide. Repeat with the remaining portions of rice. Set aside in the freezer for at least 10 minutes. While the rice is cooling, place a pan over a medium-high heat with a small drizzle of oil. When hot, add the shredded duck and fry for 3-4 minutes until browned, shifting occasionally. In the final minute, add ½ the sweet soy. Remove from the pan and season.

5. CRUMB In a shallow dish, whisk 1 egg and a splash of water. Prepare two more shallow dishes: one containing the flour (seasoned lightly), and the other the breadcrumbs. Coat the rice patties in the flour, then the egg, and lastly, in the breadcrumbs. Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the crumbed rice patties and fry for 3-4 minutes, shifting as they colour. On completion, the crumb should be browned. Remove and drain on paper towel.

6. YUM! Plate up the rice patties and top with the wasabi mayo. Top with the shredded duck. Drizzle over the remaining sweet soy or serve on the side. Serve with the salad. Sprinkle over the picked coriander.



Chef's Tip

If the rice is too hot to shape into patties, simply set it aside in the fridge for at least 10 minutes until cooled.

Nutritional Information

Per 100g

Energy	1435kj
Energy	343Kcal
Protein	8.1g
Carbs	29g
of which sugars	1.2g
Fibre	1.3g
Fat	15.7g
of which saturated	5g
Sodium	673mg

Allergens

Egg, Gluten, Wheat, Sulphites, Soy

Cook
within
4 Days