



UCOOK

Duck, Pearled Baby Onions & Horseradish

with baby potatoes, roasted radish & horseradish sauce


Beautiful pan seared duck breast is topped with a horseradish sauce and served alongside a luxurious braised onion salad and roasted radish & baby potatoes. This divine dish is finished off with a sprinkling of Danish-style feta for extra flair! Get ready to be amazed...

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Strandveld | Grenache

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed & halved</i>
40g	Radish <i>rinsed & halved</i>
10g	Walnuts <i>roughly chopped</i>
3	Baby Onions
1	Free-range Duck Breast
50ml	Fresh Cream
5ml	Horseradish Sauce
20g	Salad Leaves <i>rinsed</i>
20g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. ROAST VEG Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). At the halfway mark, add the halved radishes to the tray and give the tray a shift.

2. TOASTED SEEDS Place the chopped walnuts in a pan (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BRAISED ONIONS Peel the baby onions and halve them lengthways. Don't remove the tip that keeps the layers joined together. Return the pan to medium heat with enough oil to cover the base. Add the onion halves, cut-side down, in a single layer. Once the oil is sizzling, reduce to a low heat and pop on the lid. Leave the onions to braise until the onions are soft and the cut-side is caramelised, 20-25 minutes (shifting occasionally).

4. SIZZLING DUCK Pat the duck dry with paper towel. Place the duck breast in a cold pan skin-side down without oil (the duck breast will render its own fat). Place over a medium heat and let the duck fat render while the pan heats up. Fry until the skin is crispy, 5-8 minutes. 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 (for a medium-rare result). Remove from the pan and rest for 3 minutes before slicing.

5. HORSERADISH SAUCE Return the pan, wiped down if necessary, to medium heat with the cream. Leave to simmer until the cream is hot, 1-3 minutes. Remove from the heat and add the horseradish sauce (to taste), and seasoning. Mix until combined. Add a splash of water to loosen the sauce, if necessary.

6. SIMPLE SALAD When the onions are done, place in a salad bowl. Add the rinsed salad leaves, seasoning, and a drizzle of oil.

7. PLATE UP! Plate up the duck slices. Drizzle over the horseradish sauce. Serve with the roasted radish and baby potatoes. Side with the braised onion salad sprinkled with the crumbled feta and the toasted walnuts. Amazing work, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes. At the halfway mark, add the halved radishes.

Nutritional Information

Per 100g

Energy	585kj
Energy	140kcal
Protein	6.2g
Carbs	9g
of which sugars	2.5g
Fibre	1.2g
Fat	8.8g
of which saturated	3.6g
Sodium	115mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days