



U C O O K

— COOKING MADE EASY

CRISPY DUCK CONFIT

with burnt sage, pappardelle pasta & toasted pine nuts

Cured and roasted in its own fat, duck confit is considered one of the finest French dishes. Here, it's shredded and flash fried with sage for delicate crispiness, and scattered over fresh, tender pasta in a tomato and leek sauce.

Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Easy Peasy**

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Ingredients & Prep

1	Free-Range Confit Duck Leg
5g	Pine Nuts
100g	Leeks
1	Garlic Clove <i>peeled & grated</i>
10ml	NOMU One For All Rub
200g	Cooked Chopped Tomatoes
10ml	Chicken Stock
4g	Fresh Sage <i>rinsed & picked</i>
125g	Fresh Pappardelle Pasta
20g	Green Leaves <i>rinsed</i>
7.5ml	Cabernet Sauvignon Vinegar
15g	Italian-Style Hard Cheese <i>grated</i>

From Your Kitchen

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

1. DUCK CONFIT, SI! Preheat the oven to 220°C. Place the duck leg in a roasting dish, reserving the duck fat from the packaging to use later for frying. Season the duck to taste and pop in the hot oven for 10-12 minutes until heated through and starting to crisp. Remove from the oven on completion and allow to cool slightly.

2. TOAST THE PINE NUTS Place the pine nuts in a pot over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Keep a close eye on them; they burn easily! Remove from the pan on completion and set aside for serving.

3. GET SAUCY Trim the base off the leeks and cut in half lengthways. Rinse thoroughly and finely chop. Return the pot to a medium-high heat with a knob of the reserved duck fat. When hot, sauté the chopped leeks for 2-3 minutes until soft, shifting frequently. Add the grated garlic and the One for All Rub, and fry for 30-60 seconds until fragrant. Stir in 50ml of water, the cooked chopped tomatoes, and the stock. Bring to a simmer and cook for 4-5 minutes until the sauce is reduced and slightly sticky. On completion, remove from the heat and add a sweetener of choice and seasoning to taste. Cover with a lid and set aside for serving.

4. CRISPY SAGE DUCK Boil a full kettle. Once the duck leg is cool enough to handle, use two forks to shred the meat by breaking it into shards as you pull it off the bones. Discard the bones and any gristle or fat. Place a pan over medium-high heat with another knob of duck fat. When hot, pan fry the shredded duck and rinsed sage leaves for 3-4 minutes until both are crispy. Remove the pan from the heat on completion.

5. PAPPARDELLE & LEAVES Place a pot for the pappardelle pasta over a high heat. Fill with boiling water, add a pinch of salt, and bring back up to the boil. Then, pop in the pasta and cook for 2-3 minutes until al dente. Drain on completion and toss through some oil to prevent sticking. Toss the rinsed green leaves with the cab sauv vinegar, a drizzle of oil, and some seasoning.

6. BUON APPETITO! Serve up a generous helping of pappardelle pasta and smother in spoonfuls of tomato and leek sauce. Top with the duck confit and crispy sage. Sprinkle over the grated Italian-style hard cheese and toasted pine nuts. Serve with the dressed leaves on the side. Bellissimo!

Nutritional Information

Per 100g

Energy	959kj
Energy	229Kcal
Protein	8.1g
Carbs	15g
of which sugars	2.3g
Fibre	1.7g
Fat	15.8g
of which saturated	5.4g
Sodium	991mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days