

# UCOOK

## Honey Mustard-basted Duck

with carrots & minty peas

This classic dish is pure flavour happiness, you'll want to savour every bite! Plump duck breasts are basted in a creamy honey & mustard sauce and sided with minty peas and sautéed carrots. Simple, classic and delish!

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People

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**Chef:** Ella Nasser

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 Quick & Easy

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 Boschendal | 1685 Merlot

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## Ingredients & Prep

720g	Carrot <i>trimmed &amp; cut into bite-sized chunks</i>
3	Free-range Duck Breasts
97,5ml	Honey-Mustard Baste <i>(60ml Honey, 30ml Apple Cider Vinegar &amp; 7,5ml Dijon Mustard)</i>
150g	Peas
12g	Fresh Mint <i>rinsed, picked &amp; roughly chopped</i>
3	Spring Onions <i>sliced</i>
60g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. BUBBLE BUBBLE** Boil the kettle. Place a pot over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the carrot chunks and fry for 4-5 minutes until slightly softened and starting to brown, shifting occasionally. Pour in 300ml of boiling water, cover with the lid, and leave to simmer for 7-8 minutes until soft. On completion, drain the excess water. Return the drained carrots to the pot and stir through a knob of butter (optional) and season to taste.

**2. GET QUACKING!** Pat the duck dry with paper towel. Using a sharp knife, cut broad, cross-hatch slits into the duck skin, without piercing the flesh. Place the duck breasts in a cold pan skin-side down without oil (the duck breasts will render their own fat). Place over a medium heat and let the duck fat render while the pan heats up. Fry for 5-8 minutes until the skin is crispy. Turn up the heat to medium-high, drain the excess duck fat and set aside for step 3. Flip the duck breasts, and cook for 2-4 minutes on the other side (this time frame will yield a medium-rare result.) Remove from the heat and baste the duck breast in the honey-mustard basting sauce. Remove from the pan on completion, reserving the honey-mustard pan juices, and allow to rest for 3 minutes before slicing and seasoning.

**3. MINTY PEAS** Wipe down the pan and place it over a medium-high heat with a drizzle of the drained duck fat. Once hot, add the peas and fry for 3-5 minutes until heated through. On completion, remove from the heat and stir through  $\frac{3}{4}$  of the chopped mint and  $\frac{3}{4}$  of the sliced spring onion. Season to taste and cover to keep warm until serving. In a separate bowl, toss the rinsed green leaves with a drizzle of olive oil and some seasoning.

**4. DUCK DINNER!** Dish up the soft carrots and place the honey-mustard basted duck breast and peas alongside. Sprinkle over the remaining chopped mint, spring onion slices and a drizzle of the honey-mustard pan juices. Serve the dressed leaves on the side. Beautiful work, Chef!



## Chef's Tip

The purpose of cutting cross-hatch into the duck skin is to allow the fat to melt and leave you with crispy duck skin! If you have any leftover duck fat, keep it for another use; it's great as an oil replacement for roasting crispy potatoes, or use it to fry veggies or meat.

## Nutritional Information

Per 100g

Energy	347kJ
Energy	83Kcal
Protein	7g
Carbs	11g
of which sugars	7g
Fibre	2.1g
Fat	1.4g
of which saturated	0.4g
Sodium	43mg

## Allergens

Allium, Sulphites

Cook  
within 3  
Days