

UCOOK

Duck & Roasted Cabbage

with carrots & balsamic dressed leaves

Juicy duck slices are perfectly complemented by a sweet & tangy balsamic salad topped with savoury roasted cabbage & sweet carrot wedges. This dish is balanced, elegant, and easy. What more could you want, Chef?

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Rhea Hsu

 Carb Conscious

 Waterford Estate | Range Grenache Noir 2019

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Ingredients & Prep

480g	Carrot <i>trimmed & cut into wedges</i>
200g	Red Cabbage <i>cut into large chunks</i>
20ml	NOMU Roast Rub
2	Free-range Duck Breasts
40g	Salad Leaves <i>rinsed & roughly shredded</i>
20ml	Balsamic Vinegar

From Your Kitchen

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

1. RED & ORANGE ROAST Preheat the oven to 200°C. Place the carrot wedges and the cabbage chunks on a roasting tray. Coat in oil, $\frac{3}{4}$ of the rub, and seasoning. Pop in the hot oven and roast for 25-30 minutes until cooked through and slightly crispy, shifting halfway.

2. FABULOUSLY FATTY When the roast has 15 minutes remaining, pat the duck dry with paper towel. Place 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, pouring out any excess rendered fat as you go. Turn up the heat to medium-high, flip the duck breasts, and cook for 2-4 minutes on the other side. (This time frame will yield a medium-rare result.) In the final minute, baste with the remaining rub. Remove from the pan and rest for 3 minutes before slicing. Lightly season the slices.

3. DON'T LEAF OUT THE BALSAMIC In a salad bowl, combine the shredded leaves, the balsamic vinegar, a drizzle of oil and seasoning.

4. SERVICE, PLEASE! Make a bed of the dressed leaves. Top with the roasted veg and the duck slices. Simply delicious!

Nutritional Information

Per 100g

Energy	343kJ
Energy	82kcal
Protein	5.1g
Carbs	6g
of which sugars	3.3g
Fibre	2g
Fat	3.9g
of which saturated	1g
Sodium	162mg

Allergens

Allium, Sulphites

Cook
within 3
Days