



UCOOK

Duck & Crispy Vermicelli Noodles

with charred corn, cucumber matchsticks & fresh coriander

Sweet soy sauce-glazed duck breast is served alongside puffed crunchy noodles for a texture and flavour explosion! It is served with a corn & cucumber salad that is dressed in lime juice for a zesty kick and covered in peanuts for the perfect crunch!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Boschendal | MCC Brut NV

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Ingredients & Prep

50g	Rice Vermicelli Noodles
50g	Corn
5ml	NOMU Oriental Rub
100g	Cucumber <i>cut into matchsticks</i>
4g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
1	Lime <i>½ zested & cut into wedges</i>
10g	Peanuts <i>roughly chopped</i>
1	Free-range Duck Breast
62,5ml	Sweet Soy <i>(15ml Low Sodium Soy Sauce, 40ml Sweet Chilli Sauce & 7,5ml Sesame Oil)</i>

From Your Kitchen

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

1. GLASS HALF FULL Boil the kettle. Using a shallow bowl, submerge ½ the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through some oil to prevent sticking.

2. ORIENTAL CORN Place a deep pan over a high heat with a drizzle of oil. When hot, add the corn and ½ the rub and fry for 3-4 minutes until the corn is starting to char, shifting occasionally. Remove from the pan and place in a bowl. Add the cucumber matchsticks, ½ the chopped coriander, the lime zest (to taste), a squeeze of lime juice, and the chopped peanuts. Mix until fully combined.

3. SWEET SOY DUCK BREAST Pat the duck breast dry with paper towel. Using a sharp knife, cut broad, cross-hatch slits into the duck skin, without piercing the flesh. Place 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 for 5-8 minutes until the skin is crispy. 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. (This time frame will yield a medium-rare result.) In the final minute, baste the duck with the sweet soy. Remove from the pan on completion and allow to rest for 3 minutes before slicing. Reserve any sauce remaining in the pan.

4. FRY YOUR VERMICELLI Separate the remaining dry noodles. Return the pan (from Step 2) to a medium-high heat with enough oil to deep-fry the noodles. Once the oil is hot, gently lower handfuls of the dry noodles into the hot oil. Deep fry the noodles for 5-10 seconds or until the noodles are puffed and crispy, flipping halfway. Don't let the noodles brown! On completion, drain on paper towel, and sprinkle with seasoning and the remaining rub.

5. WHAT A BEAUTY! Make a bed of the silky noodles. Top with the cucumber & corn salad and the juicy duck slices. Drizzle with generous spoonfuls of the remaining pan sauce. Garnish with the crunchy puffed noodles, the remaining coriander, and a lime wedge. Well done, Chef!



Chef's Tip

To check the oil is ready for frying, drop a dry noodle into the oil. If it puffs up almost instantly, the oil is ready.

Nutritional Information

Per 100g

Energy	562kj
Energy	134Kcal
Protein	9.4g
Carbs	13g
of which sugars	1g
Fibre	1.5g
Fat	4.9g
of which saturated	1.2g
Sodium	266mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within 3
Days