



# UCOOK

## Duck à l'Orange Tagliatelle

with a white wine sauce, sunflower seeds  
& fresh orange

There's something about the classic flavour combination of orange and duck, paired with the caramelised mirepoix of onion, carrot and celery that gives this new take on a ragù that extra wow factor!

---

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes


---

**Serves:** 3 People


---

**Chef:** Hannah Duxbury

---

 Adventurous Foodie

---

 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc 2021

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

45g	Sunflower Seeds
3	Free-range Confit Duck Legs
2	Onions <i>1½ peeled &amp; finely diced</i>
3	Celery Stalks <i>finely diced</i>
360g	Carrot <i>rinsed, trimmed &amp; finely grated</i>
375g	Linguine Pasta
170ml	White Wine
40ml	Cake Flour
60g	Green Leaves <i>rinsed</i>
1	Lemon <i>cut into wedges</i>
12g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
2	Oranges <i>zested &amp; cut into wedges</i>

## From Your Kitchen

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

**1. GET QUACKING...** Place a pan (large enough for the ragù) over a medium heat. Once hot, toast the sunflower seeds for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside for serving. Remove the duck from the packaging, reserving any duck fat for later use in the recipe. Scrape the meat off the bone, roughly chop into tiny pieces, and set aside — it should look like mince! Discard the bones and any bits of gristle.

**2. START THE RAGÙ** Boil the kettle for Step 3. Return the pan to a medium heat with a blob of the reserved duck fat or a drizzle of oil. When hot, fry the diced onion for 6-8 minutes until soft and translucent, shifting occasionally. Add in the diced celery and grated carrot, and fry for 4-6 minutes until soft. Add in the duck meat and allow to caramelize for 6-7 minutes until browned, shifting occasionally.

**3. ASTA LA PASTA, BABY!** While the duck is cooking, fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, cook the pasta for 8-10 minutes until al dente. Drain on completion, reserving 250ml of the pasta water. Toss some oil through the pasta to prevent sticking, cover with a lid, and set aside.

**4. RICH & SILKY** When the duck has browned, pour in the wine and use it to deglaze the base of the pan. Sprinkle over the flour, mix until evenly distributed, and allow to cook for 1-2 minutes. Stir in 250ml of pasta water and lower the heat. Simmer for 5-8 minutes until thick and luscious, stirring occasionally.

**5. FINISHING TOUCHES** Place the rinsed green leaves in a bowl. Toss through a drizzle of olive oil, a squeeze of lemon, and some seasoning. Set aside for serving. When the ragù has finished simmering, stir through the chopped parsley. Mix in some of the orange zest and the juice of 3 orange wedges. Toss through the cooked pasta, season, and remove from the heat.

**6. TIME TO FEAST!** Dish up a bowl of indulgent duck à l'orange tagliatelle. Sprinkle over the sunflower seeds and remaining orange zest. Add a good squeeze of lemon juice and serve with the dressed leaves on the side. Et voilà!



## Chef's Tip

For even better flavour, only zest the orange at the end of the cook to keep it super fresh!

## Nutritional Information

Per 100g

Energy	748kJ
Energy	179kcal
Protein	5.4g
Carbs	19g
of which sugars	4.2g
Fibre	2.2g
Fat	8.7g
of which saturated	2.7g
Sodium	354mg

## Allergens

Gluten, Allium, Wheat, Alcohol

Cook  
within 3  
Days