



UCCOOK

Duck & Orange Sage Sauce

with smashed potatoes & roasted carrot

Crispy duck breast served with crunchy, fluffy smashed baby potatoes, sweet roasted carrots and a tangy citrus sauce. Topped with fresh fragrant sage. A truly dreamy dish!


Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Fat Bastard | Chardonnay

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Ingredients & Prep

200g	Baby Potatoes <i>rinsed</i>
240g	Carrot <i>rinsed & cut into wedges</i>
10ml	NOMU Provençal Rub
1	Free-range Duck Breast
1	Garlic Clove <i>peeled & grated</i>
45ml	White Wine
5ml	Chicken Stock
30ml	Orange Juice
5g	Fresh Sage <i>rinsed, dried & picked</i>
1	Lime <i>½ zested & cut into wedges</i>

From Your Kitchen

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

1. PARBOIL THE POTATOES Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water over a high heat and pop on a lid. Once boiling, remove the lid and reduce the heat. Allow to simmer for 10-15 minutes until easily pierced with a fork but still firm. Drain on completion.

2. ROAST THE CARROTS Spread out the carrot wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

3. GET THE SPUDS GOLDEN When the potatoes are done, place on a lightly greased roasting tray and spread out in a single layer. Using a fork or masher, gently press down on them, splitting the skin, but keeping them in one piece. Drizzle over some oil and sprinkle over the rub and seasoning. Roast in the hot oven for 15-20 minutes until crispy and golden.

4. CRISPY DUCK Pat dry the duck with some paper towel. Score the skin with a knife in a cross-hatch pattern. Place the duck breast 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.) Remove from the pan on completion and allow to rest for 3 minutes before slicing.

5. ORANGE SAUCE Boil the kettle. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the grated garlic and fry for 1 minute until fragrant, shifting constantly. Add the white wine and simmer for 2-4 minutes, until almost all evaporated. Add the chicken stock, 65ml of boiling water, and the orange juice. Mix until fully combined. Leave to simmer for 3-4 minutes, until slightly thickened, stirring occasionally. In the final 1-2 minutes, add 15g of butter and the fresh sage leaves. Remove from the heat and add a squeeze of lime juice (to taste), the lime zest, and seasoning.

6. SMASHING DINNER! Pile up the smashed potatoes. Side with the juicy duck slices drizzled with the citrus sauce. Serve with the roasted carrot wedges and garnish with a lime wedge. Well done, 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, it's great as an oil replacement for roasting potatoes or frying veggies!

Nutritional Information

Per 100g

Energy	316kJ
Energy	76Kcal
Protein	5.4g
Carbs	10g
of which sugars	2.6g
Fibre	1.9g
Fat	1.1g
of which saturated	0.4g
Sodium	147mg

Allergens

Allium, Sulphites, Alcohol

Cook
within 3
Days