

# UCOOK

## Duck & Port Wine Sauce

with baby carrots, potatoes & sunflower seeds

This delightful port wine sauce is quick to prepare and absolutely heavenly. It's drizzled over a tender duck leg, creating a dish that's truly succulent. Accompanied by roasted baby carrots and potatoes, along with a sunflower seed salad, this meal brings restaurant-quality flavours right to your own kitchen!

---

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Megan Bure

---

Adventurous Foodie

---

 Doos Wine | Doos Dry Red 3L

---

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

## Ingredients & Prep

100g	Baby Carrots <i>rinse &amp; cut in half, keeping the stems intact</i>
200g	Potato <i>rinse &amp; cut into bite-sized pieces</i>
10g	Sunflower Seeds
1	Free-range Duck Leg Quarter
1	Onion <i>peel &amp; finely slice ½</i>
1	Garlic Clove <i>peel &amp; grate</i>
10ml	Red Wine
15ml	Port
5ml	Beef Stock
3g	Fresh Rosemary <i>rinse</i>
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
10ml	Balsamic Vinegar

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)  
Sugar/Sweetener/Honey

**1. TOAST THE SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**2. DUCK** Preheat the oven to 200°C. Pat the duck dry with paper towel and season. Using a sharp knife, score the fat by cutting slits through the surface of its skin on both sides in a broad cross-hatch pattern, without cutting too deep and piercing the flesh. Place the duck leg in a cold pan without oil (the duck will render its own fat). Place over medium heat and let the duck fat render while the pan heats up. Sear until the skin is crispy, 5-6 minutes per side. Remove from the pan, reserve the duck fat, and roast in the oven until cooked through, 30-35 minutes.

**3. ROAST THE CARROTS** Boil the kettle. Spread the halved baby carrots and the potato pieces on a roasting tray, coat in the reserved duck fat, and season. Roast in the hot oven until cooked through and crispy, 25-30 minutes (shifting halfway).

**4. SAUCE BASE** Return the pan to a medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the sliced onion until soft, 3-4 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the wine, the port, and 1 tsp of a sweetener (to taste). Simmer until almost evaporated, 1-2 minutes.

**5. PERFECT PORT WINE SAUCE** When almost all the alcohol has evaporated from the sauce, add the stock, 85ml of boiling water, and the rinsed rosemary to the pan. Simmer until slightly reduced, 3-5 minutes. Remove any rosemary stalks, season, and cover to keep warm.

**6. FRESH SALAD** In a bowl, combine the rinsed salad leaves, a drizzle of olive oil, seasoning, the vinegar, and ½ the toasted seeds.

**7. DUCK, DUCK, DINNER!** Plate up the roast. Side with the duck and drizzle over the port wine sauce. Side with the salad and garnish with the remaining toasted seeds.



## Chef's Tip

Air fryer method: Coat the baby carrots and the potato pieces in the reserved duck fat and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	418kJ
Energy	100kcal
Protein	8.3g
Carbs	9g
of which sugars	1.8g
Fibre	1.3g
Fat	3.2g
of which saturated	1g
Sodium	42mg

## Allergens

Allium, Sulphites, Alcohol

Eat  
Within  
3 Days