



UCOOK

Orange Quinoa Salad & Duck

with dried cranberries, sunflower seeds & radish

Rounds of citrusy orange and crispy radish, complemented with sweet cranberries gems, pops of nutty sunflower seeds, and fluffy quinoa makes this salad a fruit-filled flavour journey. Sided with juicy slices of duck and finished with fresh, cooling mint leaves. A stylish summer salad.


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 3 People

Chef: Thea Richter

 Quick & Easy

 Creation Wines | Creation Elation MCC 2016

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Ingredients & Prep

| | |
|-------|---|
| 2 | Onions <i>1½ peeled & roughly sliced</i> |
| 15ml | NOMU Moroccan Rub |
| 225ml | Quinoa <i>rinsed</i> |
| 2 | Oranges |
| 60g | Radish |
| 12g | Fresh Mint |
| 30ml | Red Wine Vinegar |
| 3 | Free-range Duck Breasts |
| 30g | Sunflower Seeds |
| 15g | Dried Cranberries |

From Your Kitchen

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

1. KEEN ON QUINOA Place a pot over a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the sliced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the rub and fry for 1-2 minutes. Add the rinsed quinoa, and 600ml of salted water. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water during cooking if required. Drain if necessary and return to the pot. Replace the lid and allow to stand off of the heat for at least 5 minutes.

2. ADD SOME COLOUR Cut 1½ of the oranges into rounds. Cut off the rind and discard. Rinse and slice the radish into rounds. Rinse and pick the mint. In a salad bowl, combine the vinegar, 15ml of a sweetener of choice, seasoning, and 30ml of oil. Set aside.

3. DELICIOUS DUCK Pat the duck dry with paper towel. Place the duck breasts in a cold pan skin-side down without oil (the duck breasts will render their own fat). Place over medium heat, letting the duck fat render while the pan heats up. Fry for 5-8 minutes until the skin is crispy. Turn the heat up to medium-high and drain the excess duck fat. Flip the duck breasts, and cook for 4-5 minutes on the other side until cooked through. Remove from the pan and rest for 3 minutes. Slice and season to taste.

4. A FRESH TAKE In the bowl with the vinegar dressing, add the cooked quinoa, ½ the sunflower seeds, the radish rounds, ½ the picked mint, and ½ the dried cranberries. Toss until combined.

5. A STYLISH SALAD Plate up the quinoa salad. Top with the orange rounds and side with the duck slices. Sprinkle over the remaining sunflower seeds, mint, and dried cranberries. Delish, Chef!



Chef's Tip

If you would like to toast the sunflower seeds, place them in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 558kj |
| Energy | 133kcal |
| Protein | 6.7g |
| Carbs | 15g |
| of which sugars | 5.1g |
| Fibre | 2.4g |
| Fat | 5.5g |
| of which saturated | 1.1g |
| Sodium | 99mg |

Allergens

Allium, Sulphites

Cook
within
4 Days