
















Duck Donburi Rice Bowl

with Sesame Carrot Salad and Stir-Fried Mangetout

Street Food 40-50 Minutes • 2 of your 5 a day

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-  Confit Duck Legs
-  Jasmine Rice
-  Carrot
-  Garlic Clove
-  Ginger
-  Lime
-  Roasted White Sesame Seeds
-  Sesame Oil
-  Mangetout
-  Soy Sauce
-  Miso Paste
-  Ketjap Manis
-  Honey

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking paper, baking tray, saucepan, lid, peeler, garlic press, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Confit Duck Legs**	2	3	4
Jasmine Rice	150g	225g	300g
Carrot**	1	2	2
Garlic Clove**	1	2	2
Ginger**	½	¾	1
Lime**	1	1	1
Roasted White Sesame Seeds 3)	7g	10g	14g
Sesame Oil 3)	10ml	15ml	20ml
Mangetout**	150g	150g	300g
Soy Sauce 11) 13)	25ml	37ml	50ml
Miso Paste 11)	15g	22g	30g
Ketjap Manis 11)	25g	37g	50g
Honey	15g	22g	30g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	539g 2680/641	100g 498/119
Fat (g)	18.9	3.5
Sat. Fat (g)	4.3	0.8
Carbohydrate (g)	90.0	16.7
Sugars (g)	20.9	3.9
Protein (g)	29.7	5.5
Salt (g)	4.46	0.83

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Roast the Duck

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **confit duck legs** from their packaging. Place onto a lined baking tray, skin-side up, and season with **salt** and **pepper**.

Roast on the top shelf of your oven for 25-30 mins. **IMPORTANT:** Ensure the duck is piping hot throughout.



Dress the Carrot Salad

In a medium bowl, combine **half** the **sesame seeds** with the **sesame oil**, **half** the **ginger** and a squeeze of **lime juice** from a **lime wedge**. Season with **salt** and **pepper**, then mix well.

Add the **carrot ribbons** to the bowl and toss to coat, then set aside.



Cook the Rice

Meanwhile, pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice**, **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Bring on the Mangetout

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **mangetout** and season with **salt** and **pepper**. Stir-fry until almost tender, 2 mins.

Add the **garlic** and remaining **ginger** to the pan and stir-fry for 1 min more, then remove from the heat and cover to keep warm.

Meanwhile, once cooked, transfer the **duck** to a plate. Use two forks to shred the **duck** as finely as you can. Discard the bones.



Prep Time

While everything cooks, trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.

Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger** (see ingredients for amount). **TIP:** Use a teaspoon to easily scrape away the peel.

Cut the **lime** into wedges.



Finish and Serve

In a small saucepan, add the **soy sauce**, **miso paste**, **ketjap manis**, **honey** and **water for the sauce** (see pantry for amount). Pop on medium heat, then bring to a simmer and stir until thickened, 1-2 mins.

Once thickened, stir through the **shredded duck**.

When ready, fluff up the **rice** with a fork and share between your bowls. Top with the **duck** and **sauce**, **carrot salad** and **mangetout**.

Sprinkle over the remaining **sesame seeds** and serve with any remaining **lime wedges** for squeezing over.

Enjoy!