



Teriyaki Duck Rice Bowl

with Garlic Pak Choi, Pickled Radish and Sesame Seeds

Family 30-40 Minutes • 1 of your 5 a day

11



Confit Duck Legs



Jasmine Rice



Radishes



Lime



Pak Choi



Garlic Clove



Teriyaki Sauce



Soy Sauce



Roasted White Sesame Seeds

Pantry Items

Oil, Salt, Pepper, Sugar

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 tray, baking paper, saucepan, lid, fine grater, bowl, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Confit Duck Legs**	2	3	4
Jasmine Rice	150g	225g	300g
Radishes**	100g	150g	200g
Lime**	1	1	2
Pak Choi**	1	1½	2
Garlic Clove**	1	1½	2
Teriyaki Sauce 11)	75g	125g	150g
Soy Sauce 11) 13)	15ml	25ml	30ml
Roasted White Sesame Seeds 3)	5g	7g	10g

Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar for the Pickle*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3571 /853	530 /127
Fat (g)	30.8	4.6
Sat. Fat (g)	8.4	1.2
Carbohydrate (g)	85.8	12.7
Sugars (g)	17.4	2.6
Protein (g)	60.1	8.9
Salt (g)	4.86	0.72

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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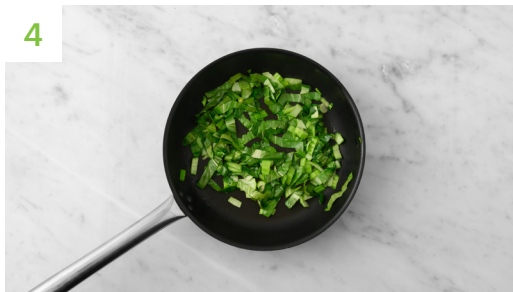


Roast the Duck

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.

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



Time to Fry

Trim the **pak choi**, then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press).

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

Once hot, add the **pak choi** and stir-fry until just soft, 3-4 mins. Add the **garlic** and fry for 30 secs more.

Transfer to a bowl and cover to keep warm. Set the pan aside for later.



Cook the Rice

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

Stir in the **rice** and **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).



Teriyaki Time

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

Return the (now empty) pan to medium-high heat. Add the **teriyaki sauce**, **soy** and **water for the sauce** (see pantry for amount). Bring it to a boil and stir through the **duck**.

Taste and season with **salt** and **pepper** if you feel it needs it. Add a splash of **water** if needed.

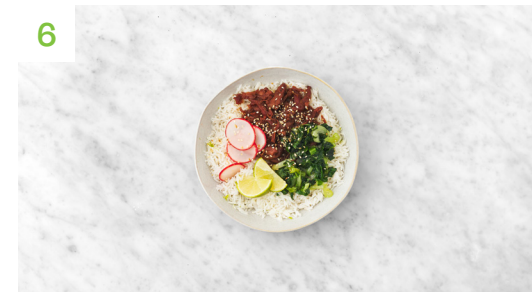


Get in a Pickle

While everything cooks, trim and thinly slice the **radishes**. Zest and halve the **lime**.

In a medium bowl, add **half** the **lime juice** and the **sugar for the pickle** (see pantry for amount). Stir through the **radish**.

Season with **salt** and **pepper** and set aside to pickle.



Finish and Serve

Fluff up the **rice** with a fork and stir through the **lime zest**. Share between your serving bowls.

Top the **rice** with the **teriyaki duck**, **pickled radish** and **garlic pak choi** in separate sections.

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

Enjoy!