



Crispy Chinese Style Duck Tacos

with Plum Sauce, Sesame Wedges and Pickled Radishes

Street Food 40 Minutes • 2 of your 5 a day

N°24



Confit Duck Leg



Chinese 5 Spice



Potatoes



Sesame Seeds



Plum



Hoisin Sauce



Honey



Soy Sauce



Radish



Rice Vinegar



Cucumber



Spring Onion



Soft Taco Wraps

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Two Baking Trays, Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Confit Duck Leg**	2	3	4
Chinese 5 Spice	1 small pot	1 small pot	1 large pot
Potatoes**	1 small pack	1 large pack	2 small packs
Sesame Seeds 3)	½ pot	¾ pot	1 pot
Plum**	2	3	4
Hoisin Sauce 3) 11) 13)	2 sachets	3 sachets	4 sachets
Honey	1 sachet	2 sachets	2 sachets
Soy Sauce 11) 13)	½ sachet	¾ sachet	1 sachet
Water for the Plum Sauce*	2 tbsp	3 tbsp	4 tbsp
Radish**	1 small pack	1 large pack	2 small packs
Rice Vinegar	1 sachet	2 sachets	2 sachets
Sugar for the Pickled Radishes*	½ tsp	¾ tsp	1 tsp
Cucumber**	½	¾	1
Spring Onion**	2	3	4
Soft Taco Wraps 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	822g	100g
Energy (kJ/kcal)	4544 /1086	553 /132
Fat (g)	36	4
Sat. Fat (g)	10	1
Carbohydrate (g)	124	15
Sugars (g)	30	4
Protein (g)	67	8
Salt (g)	4.77	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Prep the Duck and Wedges

Preheat your oven to 200°C. Remove the **confit duck legs** from their packaging and place on a baking tray **skin side up**. Scatter over **half** the **Chinese 5 Spice** and rub all over the **duck**. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Sprinkle over the **sesame seeds**, toss to coat, then spread out in a single layer. **TIP: Use two baking trays if necessary, you want the wedges nicely spread out.**



Roasting Time!

Roast the **duck** on the top shelf of your oven and the **wedges** on the middle shelf until the **duck** is crispy and the **wedges** are golden, 25-30 mins. Turn the **wedges** halfway through cooking. **IMPORTANT: The duck is cooked when piping hot.**



Plum Sauce Time!

Meanwhile, halve the **plums**, remove the stone and chop the flesh into 1cm pieces. Heat a drizzle of **oil** in a medium saucepan over medium heat. Once hot, add the **plums** and remaining **Chinese 5 Spice** and cook, stirring regularly until softened, 4-5 mins. Once softened, add the **hoisin sauce**, **honey**, **soy sauce** and **water** (see ingredients for amount). Simmer until the **plums** have completely softened and the **sauce** has thickened, 10-12 mins. Stir regularly to make sure it doesn't burn. **TIP: Taste and add a pinch of sugar if you would like it to be sweeter.** Once cooked, transfer to a small bowl to cool.



Finish the Prep

Meanwhile, trim and thinly slice the **radishes**. In a small bowl, mix together the **rice vinegar**, **sugar** (see ingredients for amount) and a pinch of **salt**. Add the **radishes**, mix well and set aside. Trim the **cucumber** then halve lengthways. Chop into roughly ½ cm wide 5cm long batons. Trim the **spring onions** then slice thinly.



Finish Up

When everything is nearly ready, pop the **tacos** into the oven until warmed through, 2-3 mins. Once the **duck** is ready, remove it from the oven and use two forks to pull the **meat** off the bone and shred finely. Discard the bone.



Serve!

Pop the **shredded duck** onto a large plate with the **warmed tacos** alongside. Pop the **sesame wedges** on another plate. Drain the **liquid** from the **pickled radishes** and serve them in a small bowl with the **cucumber**, **spring onion** and **plum sauce** alongside. Let everyone assemble their **duck tacos** with the **duck** at the base, **crunchy veg** on top and **plum sauce** drizzled on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.