



Crispy Chinese-Style Duck Tacos

with Plum Sauce, Sesame Wedges and Pickled Radishes

Street Food 40 Minutes • Very Hot • 2 of your 5 a day

29



Confit Duck Leg



Chinese Five Spice



Potatoes



Sesame Seeds



Plum



Hoisin Sauce



Honey



Soy Sauce



Radish



Rice Vinegar



Cucumber



Spring Onion



Soft Shell Taco

Before you start

Cooking tools, you will need:

Baking Tray, Saucepan, Bowl, Measuring Jug.

Ingredients

Confit Duck Leg**	2P	3P	4P
	2	3	4
Chinese Five Spice	1 small pot	1 small pot	1 large pot
Potatoes**	450g	700g	900g
Sesame Seeds 3)	½ pot	¾ pot	1 pot
Plum**	2	3	4
Hoisin Sauce 3) 11)	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 Sauce*	2 tbsp	3 tbsp	4 tbsp
Radish	1 pack	1 pack	2 packs
Rice Vinegar	1 sachet	2 sachets	2 sachets
Sugar for the Pickle*	½ tsp	¾ tsp	1 tsp
Cucumber**	½	¾	1
Spring Onion**	2	3	4
Soft Shell Taco 13)	6	9	12

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	750g	100g
Energy (kJ/kcal)	3754 /897	500 /120
Fat (g)	25	3
Sat. Fat (g)	7	1
Carbohydrate (g)	123	16
Sugars (g)	30	4
Protein (g)	47	6
Salt (g)	3.85	0.51

Nutrition for uncooked ingredients based on 2 person recipe.

The above nutritional are based on 130g of Duck Confit per person

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.

Contact

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1 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. Drizzle with **oil** and scatter over **half** the **Chinese Five 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.



2 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 throughout.



3 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 Five 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 a bit sweeter. Once cooked, transfer to a small bowl to cool.



4 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 0.5cm wide 5cm long batons. Trim and thinly slice the **spring onions**.



5 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.



6 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.