



## Duck, Coconut and Ginger Salad

with Pickled Radish and Sesame Chilli Dressing

**Cook time:** 25-30 mins | **Servings:** 2 or 4 portions | Mild Spice

**Carbs**

8.3g

**Protein**

33.6g

**Fat**

46.0g

**Calories**

608 Kcal

**5-a-day**

1 portion

**Typical Values Per Serving**



## Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got baking paper, a baking tray, bowl and frying pan.

## Ingredients

Ingredients	2 people	4 people
Confit Duck Leg**	2	4
Radish**	100g	200g
Rice Vinegar	1 sachet	2 sachets
Desiccated Coconut	30g	60g
Green Beans**	80g	160g
Ginger Puree	1 sachet	2 sachets
Sesame Oil <b>3</b>	1 sachet	2 sachets
Chilli Flakes	1 pinch	2 pinches
Sugar Snap Peas**	80g	160g
Pea Shoots**	40g	80g
<b>Pantry</b>	<b>2 people</b>	<b>4 people</b>
Olive Oil for the Dressing*	1 tbsp	2 tbsp
Oil for Cooking*	1 tbsp	2 tbsp

\*Not Included \*\* Keep in the Fridge

Typical Values	Per serving	Per 100g
for uncooked ingredient	326g	100g
Energy (kJ/kcal)	2542 / 608	781 / 187
Fat (g)	46.0	14.1
Sat. Fat (g)	16.0	4.9
Carbohydrate (g)	8.3	2.5
Sugars (g)	4.8	1.5
Protein (g)	33.6	10.3
Salt (g)	1.37	0.42

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

## Allergens

### 3) Sesame

There may be last-minute changes to ingredients, of which we will always notify you by email.

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


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.

## How to Contact Us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, **on 020 4538 1121 or via the chat function on the website**

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## Now, let's get cooking!

1



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:** *The duck is cooked when piping hot throughout.*

2



In the meantime, trim and thinly slice the **radishes**. Place them in a medium sized bowl with the **rice vinegar** and a pinch of **salt**, then stir well and set aside.

3



Heat a small frying pan on medium-high heat (no oil). Once hot, add the **desiccated coconut** and cook, stirring regularly, until lightly toasted, 1-2 mins. Watch it closely as it can burn easily.

4



Trim the **green beans**, then place them on a baking tray. Season with **salt** and **pepper**, then toss with the **ginger puree** and a drizzle of **oil** until coated. Spread out and roast on the middle shelf until tender, 8-10 minutes.

5



Meanwhile, remove the **radishes** from the **pickling juice** and set aside. Add the **sesame oil**, **chilli flakes** and **olive oil for the dressing** (see pantry) to the **pickling juice** and stir well. Season with **salt** and **pepper**. Slice the **sugar snap peas** in half lengthways.

6



Share the **roasted ginger green beans**, **pickled radish**, **sugar snap peas** and **pea shoots** between your plates. Top with the **duck leg**, then drizzle the **sesame chilli dressing** over everything. Sprinkle with the **toasted desiccated coconut** to finish.

Enjoy!

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