



# Satay Duck Rice Bowl

with Garlic Butter Rice, Smacked Cucumber and Carrot Pickle

High Protein

Preparation time : 40 min.



Confit British



Garlic Clove



Duck Legs



Baby Cucumber



Jasmine Rice



Carrot



Cider Vinegar



Sweet Chilli



Soy Sauce



Sauce



Butter



Peanut Butter



Water for the  
Rice



Sugar for the  
Pickle



Boiled Water



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Find the full recipe and preparation details online.  
<https://hfresh.cottey.fr/en-GB/recipes/satay-duck-rice-bowl-187>

Detach me! \_\_\_\_\_

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Medium Bowl, Medium Saucepan, Garlic Press, Baking Paper, Large Saucepan, Lid, Kettle, Rolling Pin, Peeler

Ingredients for 1-6 people

| Ingredient                         | 2p  | 3p  | 4p  |
|------------------------------------|-----|-----|-----|
| Confit British Duck Legs (unit(s)) | 2   | 3   | 4   |
| Garlic Clove (unit(s))             | 2   | 3   | 4   |
| Jasmine Rice (grams)               | 150 | 225 | 300 |
| Baby Cucumber (unit(s))            | 1   | 2   | 2   |
| Carrot (unit(s))                   | 1   | 2   | 2   |
| Cider Vinegar (milliliter(s))      | 15  | 22½ | 30  |
| Sweet Chilli Sauce (grams)         | 64  | 96  | 128 |
| Soy Sauce (milliliter(s))          | 20  | 30  | 40  |
| Peanut Butter (grams)              | 60  | 90  | 120 |
| Butter (grams)                     | 20  | 30  | 40  |
| Water for the Rice (milliliter(s)) | 300 | 450 | 600 |
| Sugar for the Pickle (tsp)         | 1   | 1½  | 2   |
| Boiled Water (milliliter(s))       | 125 | 190 | 250 |

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

| Per serving        | Amount    |
|--------------------|-----------|
| Energy (kJ)        | 4664 kJ   |
| Energy (kcal)      | 1115 kcal |
| Fat                | 53.8 g    |
| of which saturates | 16.4 g    |
| Carbohydrate       | 91.2 g    |
| of which sugars    | 23.1 g    |
| Dietary Fibre      | 7.3 g     |
| Protein            | 67.1 g    |
| Salt               | 3.55 g    |

Allergens

Wheat, May contain traces of allergens, Soya, Cereals containing gluten, Sulphites, Cashew nuts, Peanut, Nuts

Always check the product labels for allergen information.



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 large baking tray, skin-side up, and season with **salt** and **pepper**. When the oven is hot, roast on the top shelf of your oven for 25-30 mins. **IMPORTANT:** *Ensure the duck is piping hot throughout.* Meanwhile, peel and grate the **garlic** (or use a garlic press).



Pickle the Cucumber

In a medium bowl, combine the **cider vinegar** and **sugar for the pickle** (see pantry for amount). Season with **salt** and **pepper**, then add the **cucumber** and **carrot**. Mix together well, then set aside. Boil a half-full kettle.



Start the Rice

Pop a deep saucepan (with a tight-fitting lid) on medium heat. Melt in the **butter** (see pantry for amount). When the **butter** has melted, add the **garlic** and stir-fry for 1 min. Stir in the **rice** until coated, 1 min more. Add ¼ **tsp salt** and the **water for the rice** (see pantry for amount) 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).



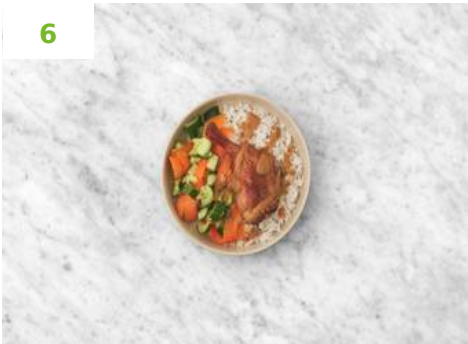
Make the Satay Sauce

When the **duck** has 5 mins remaining, add the **sweet chilli**, **soy** and **boiled water** (see pantry for amount) to a medium saucepan. Pop on medium-high heat and bring to the boil, then reduce the heat and simmer. While simmering, mix in the **peanut butter** until combined and smooth. Once combined, simmer until the **sauce** has thickened, 1 min. Taste and season with **salt** and **pepper** if needed. When the **rice** is ready, fluff up the grains with a fork.



Prep the Veg

Meanwhile, trim the **cucumber**, then pop onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks. Trim and peel the **carrot**. Use the peeler to peel long ribbons down the length of the **carrot**, stopping at the core.



Serve

When everything's ready, share the **garlic butter rice** between your serving bowls. Top the **rice** with the **roast duck** and spoon over the **satay sauce**. Serve the **cucumber** and **carrot pickle** alongside on the **rice**.

Enjoy your meal!