



Hoisin Duck Bao and Sesame Fries

with Pickled Cucumber and Sambal Slaw

Bao Night 35-40 Minutes • **Medium Spice** • 1 of your 5 a day

33



Potatoes



Roasted White Sesame Seeds



Confit Duck Legs



Baby Cucumber



Rice Vinegar



Spring Onion



Coleslaw Mix



Mayonnaise



Sambal Paste



Hoisin Sauce



Bao Buns

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. Ingredients in red are hot!

Cooking tools

Baking tray, bowl and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Roasted White Sesame Seeds 3)	5g	7g	10g
Confit Duck Legs**	2	3	4
Baby Cucumber**	1	2	2
Rice Vinegar	15ml	22ml	30ml
Spring Onion**	1	2	2
Coleslaw Mix**	120g	240g	240g
Mayonnaise 8) 9)	32g	64g	64g
Sambal Paste	15g	22g	30g
Hoisin Sauce 11)	64g	96g	128g
Bao Buns** 11) 13)	1 pack	1½ packs	2 packs
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	697g	100g
Energy (kJ/kcal)	3936 /941	565 /135
Fat (g)	37.1	5.3
Sat. Fat (g)	9.0	1.3
Carbohydrate (g)	93.3	13.4
Sugars (g)	25.7	3.7
Protein (g)	61.5	8.8
Salt (g)	3.67	0.53

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

Allergens

3) Sesame **8)** Egg **9)** Mustard **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, mollusc, 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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Eyes on the Fries

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray. Drizzle with **oil**, sprinkle over the **sesame seeds**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.



Make your Slaw

Trim and thinly slice the **spring onion**.

In a medium bowl, add the **coleslaw mix**, **mayonnaise**, **sliced spring onion**, **sambal** (add less if you'd prefer things milder) and a pinch of **salt**. Toss to combine and set aside.



Get Roasting

Remove the **confit duck legs** from their packaging. Place onto another medium baking tray, skin-side up, and season with **salt** and **pepper**.

When the oven is hot, bake the **fries** on the middle shelf until golden, 30-40 mins. Turn halfway through.

At the same time, roast the **duck** on the top shelf for 25-30 mins. **IMPORTANT:** Ensure the duck is piping hot throughout.



Bao Wow

When the **duck** is cooked, use two forks to shred the **meat** from the bones (discard the bones). Stir through the **hoisin sauce**.

Place the **bao buns** on a plate, sprinkle with a little **water** and microwave, 800W: 1 min / 900W: 45 secs / 1000W: 30 secs.

If you don't have a microwave, place the **bao buns** onto a large sheet of foil. Sprinkle with a little **water**, then fold the foil, sealing on all sides to create a parcel. Bake on the middle shelf until warm and fluffy, 2-3 mins.



Pickle the Cucumber

Meanwhile, trim and halve the **cucumber** lengthways, then slice it lengthways again into thin strips. Stack a handful of the slices at a time, slicing them thinly into matchsticks. **TIP:** This method of preparing veg is called a 'julienne' cut!

In a medium bowl, combine the **sliced cucumber**, **rice vinegar**, **sugar** (see pantry for amount) and a pinch of **salt**. Set aside to **pickle**.



Assemble

When ready, transfer the **bao buns** to your plates. Fill with the **hoisin duck** and **pickled cucumber**.

Serve the **sesame fries**, **sambal slaw** and any remaining **pickled cucumber** alongside.

Enjoy!