

# BELAZU

A close-up photograph of a flatbread topped with shredded duck, sour cherry molasses, tahini yoghurt, pickled red onions, smoked almonds, salad, and tomatoes. The flatbread is the base, and the toppings are piled on top. The duck is shredded and appears to be coated in a dark sauce. The molasses is a thick, dark liquid. The tahini yoghurt is a creamy white sauce. The pickled red onions are sliced into thin rings. The smoked almonds are whole and have a dark, charred appearance. The salad consists of shredded green lettuce and other vegetables. The tomatoes are sliced into wedges. The overall appearance is a rich and flavorful dish.

Shredded duck, sour cherry molasses, tahini yoghurt, pickled red onions, smoked almonds, salad and flatbread



# Shredded duck, sour cherry molasses, tahini yoghurt, pickled red onions, smoked almonds, salad and flatbread

## INGREDIENTS:

SERVES 4

400g shredded duck, cooked  
2 tbsp Belazu sour cherry molasses  
1 tsp Moroccan ras el hanout spice  
1 onion  
8 small pickled red onions, chopped  
4 Flatbreads  
Small handful of smoked almonds  
Drizzle of olive oil  
Salt and pepper to taste

For the salad:  
2 little gem lettuce, chopped  
2 plum tomatoes, sliced  
½ red onion, sliced  
½ cucumber, sliced  
Small handful of coriander  
Small handful of parsley  
Drizzle of olive oil and balsamic vinegar  
Salt and pepper to taste

For the tahini yoghurt:  
80g Belazu tahini paste  
80g coconut yoghurt  
20ml olive oil  
1 lemon  
Salt and pepper to taste

---

## METHOD:

1. For the tahini yoghurt: mix all the ingredients together and check the seasoning.
2. For the salad: toss everything together in a salad bowl.
3. Peel and thinly slice the onion.
4. Heat the olive oil and fry the onion till golden. Add the duck followed by the spice mix and continue to cook until the duck starts to colour and take on the flavour of the spice.
5. Remove from heat and place to one side.
6. Lay the flat bread down, top with salad, duck, pickled red onions, smoked almonds and finally the tahini yoghurt. Season as you wish with salt and pepper.