

# BELAZU



Smoked tomato and paprika  
falafel, tahini yoghurt,  
pickled red onions, smoked  
almonds, salad and flatbread



# Smoked tomato and paprika falafel, tahini yoghurt, pickled red onions, smoked almonds, salad and flatbread

## INGREDIENTS:

SERVES 4

400g chickpeas  
75g Belazu smokey flavoured semi-dried tomatoes  
Small handful of coriander  
Small handful of parsley  
1 tsp smoked paprika  
1 tsp Moroccan ras el hanout spice  
1 tsp baking powder  
½ tsp bicarbonate soda  
40g panko breadcrumbs  
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

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## METHOD:

1. Soak the chickpeas in plenty of water for at least 24 hours.
2. For the tahini yoghurt: mix all the ingredients together and check the seasoning.
3. For the salad: toss everything together in a salad bowl.
4. Roughly chop the coriander including stalks. Remove the stalks from the parsley and roughly chop.
5. Drain and roughly chop the smoked tomatoes.
6. Drain the chickpeas and pulse in a blender with the coriander and parsley till it resembles the consistency of bulgur wheat.
7. Add the rest of the ingredients and mix well.
8. Roll the mix into 30g balls and deep-fry at 180 degrees till cooked through completely.
9. Lay the flat bread down, top with chopped salad, falafel, pickled red onions, smoked almonds and finally the tahini yoghurt. Season as you wish with salt and pepper.