



UCOOK

Duck & Moroccan Beet Labneh

with tahini & pita bread

Labneh is strained yoghurt and we've loaded it with beautiful roasted beetroot! Sided with crispy, rendered duck slices, a fresh salad & crisp pita - it's a divine dinner in my opinion!

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

 Adventurous Foodie

 Leopard's Leap | Culinaria Pinot Noir

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Ingredients & Prep

200g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
240g	Carrot <i>rinsed, trimmed & cut into wedges</i>
20ml	NOMU Moroccan Rub
2	Free-range Duck Breasts
100ml	Labneh
20ml	Tahini
40g	Green Leaves <i>rinsed</i>
40g	Radish <i>rinsed & sliced into thin rounds</i>
2	Pita Breads
20g	Sunflower Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender
Paper Towel

1. ROASTED Preheat the oven to 200°C. Place the beetroot chunks on half of a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes. In a bowl, toss the carrot wedges with a drizzle of oil, seasoning, and the rub. Set aside.

2. SWEET VEG When the beetroot has been in for 10 minutes, remove the tray from the oven and add the dressed carrot wedges to the other half of the tray. Roast in the hot oven for the remaining time until the vegetables are cooked through and crisping up, shifting halfway.

3. CRISPY DUCK When the vegetables have 10 minutes remaining, pat the duck dry with paper towel. Place in a cold pan skin-side down without oil (the duck breasts will render their own fat) over a medium heat and let the duck fat render while the pan heats up. Fry for 5-8 minutes until the skin is crispy. Turn up the heat to medium-high and drain the excess duck fat. Flip the duck breasts, and cook for 2-4 minutes on the other side. (This time frame will yield a medium-rare result.) Remove from the pan and rest for 3 minutes before slicing.

4. PINK LABNEH When the vegetables are done, place the roasted beetroot in a blender along with 4 tbsp of water. Pulse until smooth. Remove from the blender and place in a bowl. Add the labneh, seasoning, and the tahini. Loosen with water in 5ml increments until the consistency of hummus. Set aside for serving. In a bowl, combine the rinsed green leaves, the radish rounds, a drizzle of oil, and seasoning.

5. TOASTED Return the pan, wiped down, to a medium heat. When hot, warm the pitas for about 30-60 seconds per side until heated through and lightly toasted. Alternatively, toast the pitas in the hot oven for 3-4 minutes until heated through and crisp. Cut into quarters.

6. SERVE IT UP! Plate up the duck slices and side with the roasted carrot wedges and the salad. Serve with the toasted pita triangles. Scatter the sunflower seeds over the salad and serve the beetroot labneh on the side for dipping.



Chef's Tip

If you want to toast your seeds, place them in a pan over medium heat. Toast for 2-4 minutes until lightly browned. Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	668kj
Energy	160kcal
Protein	8.3g
Carbs	14g
of which sugars	1.9g
Fibre	2.6g
Fat	7.5g
of which saturated	3g
Sodium	383mg

Allergens

Gluten, Dairy, Sesame, Wheat

Cook
within 3
Days