



OCT  
2016

## Fattoush Salad

with Crispy Chickpeas, Za'atar-Spiced Pita, and Feta Cheese

Fattoush is a Middle Eastern version of the Italian panzanella, a hearty “salad” bulked up with equal parts bread and veggies. In this recipe, toasted pita meets crisp cucumbers meets tangy feta meets a fragrant garlic oil. The result? A salad with major flavor.



**Prep:** 15 min  
**Total:** 35 min



level 1



nut  
free



veggie



Black  
Olives



Persian  
Cucumbers



Grape  
Tomatoes



Shallot



Garlic



Parsley



Chickpeas



Whole Wheat  
Pitas



Cumin



White Wine  
Vinegar



Za'atar



Feta  
Cheese

## Ingredients

	2 People	4 People
Black Olives	1 oz	2 oz
Persian Cucumbers	2	3
Grape Tomatoes	4 oz	8 oz
Shallot	1	1
Garlic	1 Clove	2 Cloves
Parsley	¼ oz	¼ oz
Chickpeas	1 Box	2 Boxes
Whole Wheat Pitas	1) 2)	4
Cumin	1 t	2 t
White Wine Vinegar	2 T	4 T
Za'atar	1 t	2 t
Feta Cheese	3)	1 Cup
Olive Oil*	3 T	6 T

\*Not Included

## Allergens

- 1) Wheat
- 2) Soy
- 3) Milk

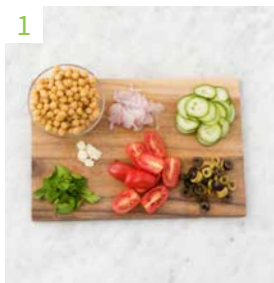
## Tools

Strainer, Baking sheet, Small pan, Whisk, Large bowl

**Nutrition 2 person** Calories: 817 cal | Fat: 35 g | Sat. Fat: 7 g | Protein: 30 g | Carbs: 90 g | Sugar: 8 g | Sodium: 914 mg | Fiber: 21 g

**Nutrition 4 person** Calories: 800 cal | Fat: 35 g | Sat. Fat: 7 g | Protein: 29 g | Carbs: 86 g | Sugar: 6 g | Sodium: 910 mg | Fiber: 20 g

1



**1 Prep: Wash and dry all produce.** Preheat oven to 425 degrees.

Thinly slice **olives**. Thinly slice **cucumbers**. Halve **grape tomatoes**. Halve, peel, and thinly slice **shallot**. Thinly slice **garlic**. Pick **parsley leaves** from stems. Discard stems. Drain and rinse **chickpeas**.

2



**2 Crisp the chickpeas:** Toss **chickpeas** on a baking sheet with **cumin**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Bake until crispy, about 20 minutes.

**3 Make the vinaigrette:** Heat **2 Tablespoons olive oil** in a small pan over medium heat. Add **garlic**. Cook until slightly brown and fragrant, 1-2 minutes. Discard garlic, and remove pan from heat. Once cooled, thoroughly whisk in **vinegar** and season with **salt** and **pepper**.

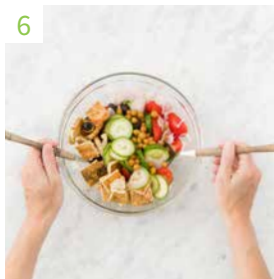
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**4 Toast the pitas:** Drizzle each **pita** with **olive oil**, sprinkle with **za'atar**, and season with **salt** and **pepper**. Place **pitas** on baking sheet with **chickpeas**. Toast until crispy, 6-8 minutes.

**5 Cube the pitas:** Cut **pitas** into 1-inch cubes, and place in a large bowl. Let **chickpeas** cool slightly, then add to bowl with pitas.

6



**6 Toss and serve:** Add **cucumbers, olives, tomatoes, parsley leaves**, and as much **shallot** as you like. Add **vinaigrette**, and toss to thoroughly coat. (**TIP:** Start with half the vinaigrette and go up from there.) If **fattoush salad** is dry, add more **olive oil**. Season generously with **salt** and **pepper**. Divide between bowls, sprinkle with **feta cheese**, and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

