



Fattoush-Inspired Salad

with Spiced Flatbreads and Feta Cheese

Veggie 30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set. Happy cooking!

Issue with your meal? Scan the QR code to share your feedback.

- Chickpeas
- Chicken Tenders
- Shawarma Spice Blend
- Garlic, cloves
- Flatbread
- Baby Tomatoes
- Mixed Olives
- Green Onion
- Parsley
- White Wine Vinegar
- Sweet Bell Pepper
- Feta Cheese, crumbled

HELLO SHAWARMA SPICE BLEND
Our Shawarma Spice Blend is a unique blend of smoky, sweet and delicious!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

2 Baking sheets, measuring spoons, strainer, aluminum foil, large bowl, parchment paper, whisk, paper towels

Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Chicken Tenders	310 g	620 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	2	4
Flatbread	2	4
Baby Tomatoes	113 g	227 g
Parsley	7 g	14 g
Mixed Olives	30 g	60 g
Green Onion	2	4
White Wine Vinegar	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Feta Cheese, crumbled	½ cup	1 cup
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Issue with your meal?
Scan the QR code to
share your feedback.

1



Prep chickpeas and garlic

- Drain and rinse **chickpeas**, then pat dry with paper towels.
- Add **chickpeas**, **half the Shawarma Spice Blend** and **2 tbsp** (4 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Peel **garlic**, then toss **peeled cloves** with **½ tbsp** (1 tbsp) **oil** on a small sheet of foil. Wrap tightly and place on the same baking sheet.

4



Prep

- Meanwhile, halve **tomatoes**.
- Thinly slice **green onions**.
- Core, then cut **pepper** into ½-inch pieces.
- Drain, then roughly chop **olives**.
- Roughly chop **parsley**.

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken tenders**. Sear until golden-brown and cooked through, 3-4 min per side.**

2



Roast chickpeas and garlic

- Roast in the **middle** of the oven until **chickpeas** are almost crispy, 10-12 min.
- When almost crispy, carefully remove the baking sheet from the oven, stir **chickpeas**, then cover loosely with foil (or another baking sheet).
- Return the baking sheet to the oven and continue to bake until **chickpeas** are crispy, 6-8 min.

5



Make dressing

- Add **roasted garlic cloves** to a large bowl. Using a fork, mash cloves.
- Add **vinegar**, **1 tsp** (2 tsp) **sugar**, **2 tbsp** (4 tbsp) **oil** and **1 tbsp** (2 tbsp) **water**. Season with **salt** and **pepper**, then whisk to combine.

3



Toast flatbreads

- Meanwhile, cut **flatbreads** into 1-inch pieces.
- Add **flatbreads**, **remaining Shawarma Spice Blend** and **1 tbsp** (2 tbsp) **oil** to another parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Bake in the **top** of the oven until golden-brown and crispy, 5-6 min.

6



Finish and serve

- Add **roasted chickpeas**, **green onions**, **tomatoes**, **peppers**, **parsley**, **olives** and **half the feta** to the bowl with **dressing**. Toss to coat.
- Divide **spiced flatbreads** between bowls, then top with **chickpea mixture**.
- Sprinkle **remaining feta** over top.

Top final plates with **chicken**.

Dinner Solved!