



Fattoush Salad and Roasted Chickpeas

with Spiced Pitas and Feta Cheese

Veggie

30 Minutes



Chickpeas



Shawarma Spice Blend



Garlic



Pita Bread



Baby Tomatoes



Parsley



Mixed Olives



Green Onions



White Wine Vinegar



Sweet Bell Pepper



Feta Cheese, crumbled

HELLO SHAWARMA SPICE

Our shawarma spice is a unique blend of smoky, sweet and delicious

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

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
Shawarma Spice Blend	1 tbsp	2 tbsp
Garlic	6 g	12 g
Pita Bread	2	2
Baby Tomatoes	113 g	227 g
Parsley	14 g	14 g
Mixed Olives	30 g	60 g
Green Onions	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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

Contact

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Prep chickpeas and garlic

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



Prep

While **pitras** toasts halve **tomatoes**. Thinly slice **green onions**. Core, then cut **pepper** into ½-inch pieces. Roughly chop **olives**. Roughly chop **parsley**.



Roast chickpeas and garlic

Roast **chickpeas** and **garlic** in the **middle** of the oven, stirring **chickpeas** halfway through cooking, until golden-brown, 28-30 min.



Make dressing

Add **roasted garlic cloves** to a large bowl. Using a fork, mash **cloves**. Whisk in **vinegar**, **1 tsp sugar**, **2 tbsp oil** and **1 tbsp water** (dbl all for 4 ppl). Season with **salt** and **pepper**.



Toast pitas

While **chickpeas** and **garlic** roast, cut **pitras** into 1-inch pieces. Toss **pitras** with **remaining Shawarma Spice Blend** and **1 tbsp oil** (dbl for 4 ppl), on another parchment-lined baking sheet. Season with **salt** and **pepper**. Bake in the **top** of the oven, until golden-brown and crispy, 4-5 min.



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 pitas** between bowls and top with **chickpea mixture**. Sprinkle **remaining feta** over top.

Dinner Solved!