



# Fattoush Salad and Roasted Chickpeas

with Spiced Pitas and Feta Cheese

Veggie 30 Minutes



Chickpeas



Shawarma Spice Blend



Garlic, cloves



Pita Bread



Baby Tomatoes



Parsley



Mixed Olives



Green Onion



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 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, cloves	2	4
Pita Bread	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

## 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.*

## Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



## Prep chickpeas and garlic

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



## Prep

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



## Roast chickpeas and garlic

Roast in the **bottom** 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 sheet to the oven and continue to roast until **chickpeas** are crispy, 6-8 min.



## Make dressing

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



## Toast pitas

While **chickpeas** and **garlic** roast, cut **pitras** into 1-inch pieces. Add **pitras**, **remaining Shawarma Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) 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.



## 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, then top with **chickpea mixture**. Sprinkle **remaining feta** over top.

## Dinner Solved!