



FATTOUSH SALAD WITH CRISPY CHICKPEAS

Spiced Pita and Feta Cheese



HELLO

SHAWARMA SPICE

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

TIME: 30 MIN



Chickpeas



Shawarma Spice Blend



Garlic



Greek-Style Pitas



Grape Tomatoes



Mini Cucumber



Parsley



Green Olives



Green Onions



White Wine Vinegar



Feta Cheese, crumbled

BUST OUT

- Measuring Spoons
- Large Bowl
- 2 Baking Sheets
- Measuring Cups
- Strainer
- Salt and Pepper
- Aluminum Foil
- Olive or Canola Oil
- Sugar (1 tsp | 2 tsp)

INGREDIENTS

2-person | 4-person

- Chickpeas 1 can | 2 can
- Shawarma Spice Blend 1 tbsp | 2 tbsp
- Garlic 6 g | 12 g
- Greek-Style Pitas 1 2 | 2
- Grape Tomatoes 227 g | 454 g
- Mini Cucumber 132 g | 264 g
- Parsley 14 g | 14 g
- Green Olives 30 g | 60 g
- Green Onions 2 | 4
- White Wine Vinegar 9 2 tbsp | 4 tbsp
- Feta Cheese, crumbled 2 56 g | 113 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **425°F** (to roast chickpeas and toast pitas). Start prepping when the oven comes up to temperature!



1 PREP CHICKPEAS & GARLIC

Wash and dry all produce.* Drain and rinse **chickpeas**. On a baking sheet, toss **chickpeas** with **½ tbsp shawarma spice blend** (dbl for 4 ppl) and **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Peel **garlic**. On a small sheet of foil, toss **garlic** with **½ tsp oil** (dbl for 4 ppl). Wrap tightly and place on the same baking sheet.



4 PREP

Meanwhile, halve **tomatoes**. Thinly slice **green onions**. Cut **cucumbers** in half, lengthwise, then into ½-inch thick half moons. Roughly chop **olives**. Roughly chop **parsley**.



2 ROAST CHICKPEAS & GARLIC

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



5 MAKE DRESSING

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



3 TOAST PITAS

Meanwhile, cut **pita** into 1-inch pieces. On another baking sheet, toss **pita** and **½ tbsp shawarma spice blend** (dbl for 4 ppl) with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Bake in **top** of oven, until golden-brown and crisp, 4-5 min.



6 FINISH AND SERVE

To the large bowl with **dressing**, add **chickpeas**, **green onions**, **tomatoes**, **cucumbers**, **parsley**, **olives** and **¼ cup feta** (dbl for 4 ppl). Toss together. Divide **pitas** between bowls and top with **chickpea mixture**. Sprinkle over **¼ cup feta** (dbl for 4 ppl).

CRUNCH AWAY!

Try and take only one bit of the crunchy pita in this salad - we dare you!