# CHICKPEA FATTOUSH

## with Grape Tomatoes, Cucumber, Toasted Pita & Feta

**PREP: 5 MIN** | **COOK: 25 MIN** | **CALORIES: 820**

HELLO FRESH

### INGREDIENTS

**2 PERSON** | **4 PERSON**

- **13.4 oz** | **26.8 oz** Chickpeas
- **1 TBSP** | **2 TBSP** Shawarma Spice Blend
- **2** | **4** Whole Wheat Pitas — Contains: Wheat
- **4 oz** | **8 oz** Grape Tomatoes
- **1** | **2** Persian Cucumber
- **3 oz** | **6 oz** Greek Vinaigrette Dressing — Contains: Eggs, Milk
- **2.5 oz** | **5 oz** Spinach
- **½ Cup** | **1 Cup** Feta Cheese — Contains: Milk

### HELLO

**FATTOUSH**

A Middle Eastern salad made with crunchy pita and fresh veggies tossed with a vibrant vinaigrette.



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## 'PEAS OF MY HEART

When prepping your chickpeas, you'll want them as dry as possible to help them roast to crispy perfection. (The more moisture there is on the surface, the more likely they are to steam!) After draining and rinsing, place the chickpeas on a layer of paper towels and pat dry while rolling the beans to dry on all sides.

## BUST OUT

- Strainer
- Paper towels
- 2 Baking sheets
- Small bowl
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (**1 TBSP** | **1 TBSP**)
- Sugar (**1 tsp** | **2 tsp**)

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## 1 ROAST CHICKPEAS

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.**
- Drain and rinse **chickpeas**, then pat dry with paper towels. Toss on a baking sheet with a **drizzle of oil**, **half the Shawarma Spice** (you'll use the rest in the next step), **salt**, and **pepper**.
- Roast on top rack until browned and crisp, 18-20 minutes. TIP: It's natural for chickpeas to pop a bit while roasting.

## 2 TOAST PITAS

- While chickpeas roast, dice **pitas** into 1-inch pieces. Toss on a second baking sheet with a **large drizzle of oil**, **remaining Shawarma Spice**, **salt**, and **pepper**.
- Toast on middle rack until browned and crispy, 7-9 minutes.
- Let cool at least 5 minutes before adding to salad in step 4.

## 3 PREP & SEASON VINAIGRETTE

- Meanwhile, halve **tomatoes**. Trim and quarter **cucumber** lengthwise; cut crosswise into ½-inch-thick pieces.
- In a small bowl, combine **Greek vinaigrette** with **1 tsp sugar** (2 tsp for 4 servings).

## 4 FINISH & SERVE

- In a large bowl, toss together **spinach**, **tomatoes**, **cucumber**, **¾ of the toasted pitas**, **half the roasted chickpeas**, **half the feta**, and **half the vinaigrette**. Season with **salt** and **pepper**.
- Divide **salad** between shallow bowls or plates. Top with remaining roasted chickpeas, remaining feta, remaining vinaigrette, and as much of the remaining toasted pitas as you like. Serve.

WK 30-20