



## Chickpea and Bean Fattoush

with Grilled Garlic Breads.

 20min  2 Portions

We've kept all the best bits of a classic fattoush, that is the crispy bread pieces, the zingy lemon dressing and fresh herbs, and turned it into a main meal with the addition of baked chickpeas. Chickpeas are a good source of fibre and protein, and they're also great for heart health and bone strength.

## What we send

- Lebanese bread <sup>1</sup>
- cherry tomatoes
- zaatar <sup>11</sup>
- parsley, 1 garlic clove and 1 shallot
- Lebanese cucumber
- green capsicum
- Greek-style yoghurt <sup>7</sup>
- lemon
- green beans
- chickpeas

## What you'll require

- extra virgin olive oil
- Australian honey
- salt and pepper

## Utensils

- baking paper
  - Colander
  - grater
  - medium saucepan
  - pastry brush
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Milk (7), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 600.0kcal, Fat 18.4g, Proteins 21.2g, Carbs 76.7g



### 1. Make garlic oil

Bring a small saucepan of salted water to the boil. Crush or finely chop the **garlic** and combine with 1 tbs **oil** and some **sea salt and pepper**. Drain and rinse the **chickpeas**, then shake dry.



### 2. Cook bread

Preheat the oven to 220C. Place the **bread** on a lined oven tray and brush each side with the **garlic oil**. Toss the **chickpeas** in a bowl with the **zaatar** and 1 tsp **oil** and place on a second lined oven tray. Bake both for 8-10 mins until chickpeas are crisp and flatbread is toasted and golden.



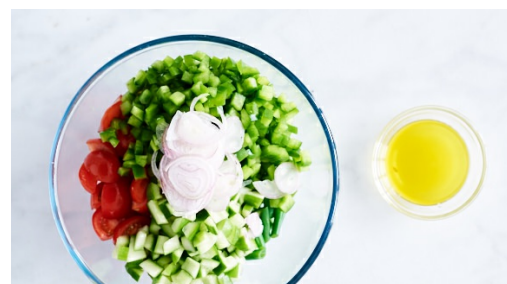
### 3. Cook beans

Trim the **beans** and cook in the pan of boiling water for 2 mins or until al dente. Drain, refresh under cold water and shake dry. Chop into short lengths and place in a large bowl.



### 4. Make dressing

Zest the **lemon** into a bowl. Add 1 tbs **oil**, **yoghurt** and 1 tsp **honey**. Stir to combine and season with **sea salt and pepper**.



### 5. Make salad

Discard **capsicum** seeds and membranes and finely chop. Deseed and dice the **cucumber**. Thinly slice the **shallot**. Halve or quarter the **cherry tomatoes**. Add all to the bowl with the **beans**. Add 1 tbs **lemon juice** and 1 tbs **oil** and toss to combine.



### 6. Get ready to serve

Coarsely crumble the **flatbreads** and arrange on a large platter. Top with the **salad** and **chickpeas** and drizzle with the **yoghurt dressing**. Pick the **parsley** leaves (discard stems) and coarsely chop. Serve scattered with parsley.