



Chickpea and Bean Fattoush

with Garlic Flatbread



20-30min



2 Portions

Bring vibrant Lebanese flavours to the table with this nourishing fattoush salad laden with fibre-rich roasted chickpeas, red capsicum and tomatoes charged with antioxidants, and crisp green beans for calcium. For extra flavour, simply baste Lebanese bread with a light garlic oil before grilling until golden and crisp.

What we send

- garlic, parsley
- green beans, lemon
- can chickpeas
- red capsicum, Lebanese cucumber
- Lebanese bread ¹
- zaatar ¹¹
- greek yoghurt ⁷
- cherry tomatoes

What you'll require

- honey
- olive oil
- sea salt and pepper

Utensils

- baking paper
- oven tray
- pastry brush
- small saucepan

Our vegies come fresh from the farm, so please wash them before use.

Allergens

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

Nutrition per serving

Energy 600kcal, Fat 18.4g, Carbs 76.7g, Proteins 21.2g



1. Make garlic oil

Preheat the oven to 220C. Line two oven trays with baking paper. Bring a small saucepan of salted water to the boil for the beans. Crush or finely chop the **garlic**. Combine the garlic and **1 tbs oil** in a small bowl and season with **salt and pepper**. Drain and rinse the **chickpeas**.



2. Cook chickpeas and bread

Put **chickpeas, half the zaatar** (reserve remainder for another use) and **1 tsp oil** in a bowl. Toss to combine, then spread over one tray. Roast for 20 mins or until crisp. Meanwhile, put **Lebanese breads** on remaining tray and brush each side with **garlic oil**. Cook in the oven, turning halfway through, for 6 mins or until golden and crisp.



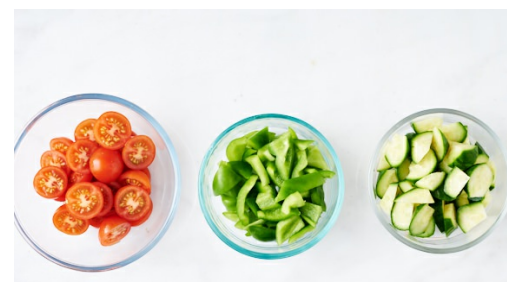
3. Cook beans

Meanwhile, trim the **beans** and cut into 2-3cm pieces. Cook in the saucepan of boiling water for 2 mins or until tender. Drain, refresh under cold water and shake dry. Put in a large bowl.



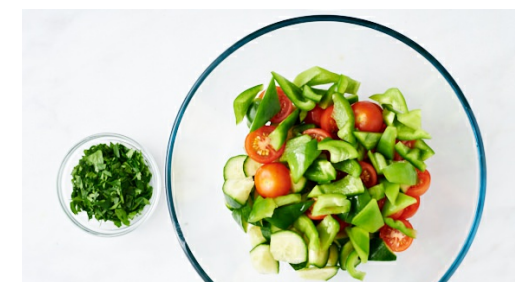
4. Make dressing

Finely grate the **lemon zest** into a medium bowl. Add **1 tsp oil**, the **yoghurt** and **honey**. Season with **salt and pepper**, stir to combine, then set aside. Juice the **lemon**. Pick the **parsley** leaves and coarsely chop.



5. Prepare salad ingredients

Coarsely chop the **capsicum**, discarding the seeds and membrane. Coarsely chop the **cucumber**. Halve or quarter the **cherry tomatoes**.



6. Get ready to serve

Add the **capsicum, cucumber, tomatoes, parsley, 1 tbs lemon juice** and **remaining 2 tsp oil** to the bowl with the **beans**. Season with **salt and pepper** and toss to combine. Divide the **salad** and **chickpeas** among bowls. Serve with the **garlic bread** and **yoghurt dressing**.