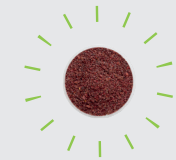




# Goat's Cheese Fattoush

with Ciabatta Croutons and Sumac Dressing



## HELLO SUMAC

*This tart-tasting spice is made from dried, powdered berries. It's popular in the Middle East.*



Red Onion



Baby Gem Lettuce



Vine Tomato



Cucumber



Basil



Garlic Clove



Lemon



Mint



Sumac



Olive Oil for the Dressing



Ciabatta



Olive Oil for the Croutons



Goat's Cheese



Chickpeas

30 mins

eat within 3 days

4.5 of your 5 a day

Veggie

Fattoush is a salad of crunchy vegetables and toasted bread eaten all across the Middle East. Every family or restaurant will have their own take on it, and this is ours. It's usually made with pita bread but we've given things a twist by using ciabatta instead and added some goat's cheese for a tangy creaminess that contrasts beautifully with the cool, refreshing veg. It might not be traditional but it is delicious!



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Baking Trays**, a **Large Bowl**, **Fine Grater** (or **Garlic Press**), **Colander** and **Frying Pan**. Now, let's get cooking!



### 1 ROAST THE ONION

Preheat your oven to 180°C. Peel and quarter the **red onion**. Put the **onion wedges** on a baking tray and drizzle on a little **olive oil**. Season with **salt** and roast on the top shelf of the oven for 20 mins. Turn halfway through to make sure they cook evenly.



### 2 PREP THE SALAD

Cut the root off the **baby gem lettuce** and separate the **leaves**. Chop the **tomatoes** into wedges. Chop the ends off the **cucumber** and quarter lengthways. Scrape out the seeds with a teaspoon then chop the **cucumber** into chunks at an angle. Put the **lettuce**, **tomato** and **cucumber** in a large bowl.



### 3 MAKE THE DRESSING

Pick the **basil leaves** from their stalks and set aside. Finely chop the **stalks**. Peel and grate the **garlic** (or use a garlic press). Zest and juice the **lemon**. Pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**). Put the **mint**, **lemon juice**, **lemon zest** and **sumac** in a small bowl. Stir in the **olive oil for the dressing** (amount specified in the ingredient list), season with **salt** and **black pepper** and set aside.



### 4 BAKE THE CIABATTA

Slice the **ciabatta** in half, as if making a sandwich, then in half again lengthways. Keep one quarter **ciabatta strip** per person whole and tear the remaining **bread** into 2cm pieces. Pop all the pieces on another tray and drizzle on the remaining **olive oil** (amount specified in the ingredient list), toss well then bake on the middle shelf of your oven until golden, 7 mins. When the **onion** is ready, take out and keep to one side.



### 5 COOK THE CHICKPEAS

Slice the **goat's cheese** into even rounds (three per person). Drain the **chickpeas** in a colander and rinse under cold water. Put a splash of **oil** in a frying pan on medium heat. Add the **garlic** and **basil stalks**. Cook for 1 minute then add the **chickpeas**. Warm through for 2 mins and remove from the heat. Roughly tear the **basil leaves** and mix through the **chickpeas**.



### 6 FINISH AND SERVE

When the **ciabatta pieces** are golden, remove them from the oven and turn the grill to high. Add the **toasted ciabatta pieces** to the **salad**. Top each **ciabatta strip** with three rounds of **goat's cheese**. Place on the (now empty) baking tray and grill to melt the cheese, 1 minute. Toss the **salad** with half the **dressing** and divide between plates. Spoon on the warm **chickpeas** and finish with **roasted onion wedges**, a **goat's cheese toastie** and a drizzle of the remaining **dressing**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Red Onion, quartered	1
Baby Gem Lettuce	1
Vine Tomato, chopped	2
Cucumber, chopped	½
Basil, chopped	½ bunch
Garlic Clove, grated	1
Lemon	½
Mint, chopped	½ bunch
Sumac	1 tsp
Olive Oil for the Dressing*	1 tbsps
Ciabatta 1)	2
Olive Oil for the Croutons*	1 tbsps
Goat's Cheese, sliced 7)	1 roll
Chickpeas	1 tin

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	659	105
(kJ)	2772	440
Fat (g)	32	5
Sat. Fat (g)	12	2
Carbohydrate (g)	67	11
Sugars (g)	11	2
Protein (g)	26	4
Salt (g)	2.44	0.39

### ALLERGENS

1)Gluten 7)Milk

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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