



Fattoush-Inspired Salad

with Spiced Flatbreads and Feta Cheese

Veggie

30 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

+ Add



Chicken Breast
Tenders*
310 g | 620 g

+ Add



Shrimp
285 g | 570 g



Chickpeas
1 | 2



Shawarma Spice
Blend
1 tbsp | 2 tbsp



Garlic, cloves
2 | 4



Flatbread
2 | 4



Baby Tomatoes
113 g | 227 g



Parsley
7 g | 14 g



Mixed Olives
30 g | 60 g



Green Onion
2 | 4



White Wine
Vinegar
2 tbsp | 4 tbsp



Sweet Bell
Pepper
1 | 2



Feta Cheese,
crumbled
1/2 cup | 1 cup

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Pepper, salt, sugar, oil

Cooking utensils | Aluminum foil, 2 baking sheets, large bowl, measuring spoons, paper towels, parchment paper, strainer, whisk

1



Prep chickpeas and garlic

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Drain and rinse **chickpeas**, then pat dry with paper towels.
- Add **chickpeas**, **half the Shawarma Spice Blend** and **2 tbsp** (4 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Peel **garlic**, then toss **peeled cloves** with **½ tbsp** (1 tbsp) **oil** on a small sheet of foil. Wrap tightly and place on the same baking sheet.

2



Roast chickpeas and garlic

- Roast in the **middle** of the oven until **chickpeas** are almost crispy, 10-12 min.
- When almost crispy, carefully remove the baking sheet from the oven, stir **chickpeas**, then cover loosely with foil (or another baking sheet).
- Return the sheet to the oven and continue to roast until **chickpeas** are crispy, 6-8 min.

3



Toast flatbreads

- Meanwhile, cut **flatbreads** into 1-inch pieces.
- Add **flatbreads**, **remaining Shawarma Spice Blend** and **1 tbsp** (2 tbsp) **oil** to another parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Bake in the **top** of the oven until golden-brown and crispy, 5-6 min.

4



Prep

- Meanwhile, halve **tomatoes**.
- Thinly slice **green onions**.
- Core, then cut **pepper** into ½-inch pieces.
- Drain, then roughly chop **olives**.
- Roughly chop **parsley**.

5



Make dressing

- + Add | **Chicken Breast Tenders**
- + Add | **Shrimp**
- Add **roasted garlic cloves** to a large bowl. Mash with a fork.
- Add **vinegar**, **1 tsp** (2 tsp) **sugar**, **2 tbsp** (4 tbsp) **oil** and **1 tbsp** (2 tbsp) **water**. Season with **salt** and **pepper**, then whisk to combine.

6



Finish and serve

- + Add | **Chicken Breast Tenders**
- + Add | **Shrimp**
- Add **roasted chickpeas**, **green onions**, **tomatoes**, **peppers**, **parsley**, **olives** and **half the feta** to the bowl with **dressing**. Toss to combine.
- Divide **spiced flatbreads** between bowls, then top with **chickpea mixture**.
- Sprinkle **remaining feta** over top.

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

5 | Make dressing and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** While the **chicken** cooks, make **dressing**.

5 | Make dressing and cook shrimp

+ Add | **Shrimp**

If you opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min.** Remove from heat. While the **shrimp** cooks, make **dressing**.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Top bowls with **chicken**.

6 | Finish and serve

+ Add | **Shrimp**

Top bowls with **shrimp**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.