

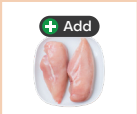


Fattoush-Inspired Salad

with Spiced Flatbreads and Feta Cheese

Veggie

30 Minutes



Chicken Breasts
2 | 4

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](http://www.hellofresh.ca)



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.

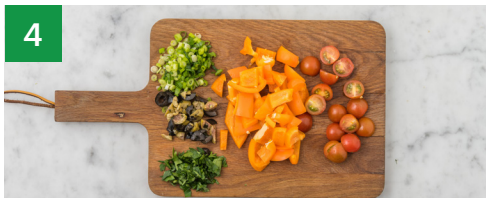
3



Toast flatbreads

- + Add | **Chicken Breasts**
- 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 **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 Breasts**
- 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

3 | Toast flatbreads and cook chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then chicken. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Follow the rest of the step as written.

6 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Divide **chicken** between plates.

* 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.