



Fattoush-Inspired Salad

with Spiced Flatbreads and Feta Cheese

Veggie

30 Minutes

+ Add



Chicken Tenders*
310 g | 620 g

↗ Custom Recipe

+ 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

370 ml | 740 ml



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 | Sugar*, oil*, salt*, pepper*

Cooking utensils | Baking sheet, measuring spoons, strainer, aluminum foil, large bowl, parchment paper, whisk, paper towels

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 bake 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

- + Add | Chicken Tenders**
- 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 Tenders**
- 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

4 | Cook chicken

+ Add | Chicken Tenders

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1/2 tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown and cooked through, 3-4 min per side.** Remove pan from heat.

6 | Finish and serve

+ Add | Chicken Tenders

Top final bowls with **chicken**.

* 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.



Issue with your meal? Scan the QR code to share your feedback.