

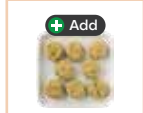


# Fattoush-Inspired Salad

## with Feta Cheese and Spiced Flatbreads

Veggie

30 Minutes



Falafel

8 | 16

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

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 | 2 baking sheets, 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 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 | Falafel

- 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 | Falafel

- 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 | Cook falafel and make dressing

+ Add | Falafel

If you've opted to add **falafel**, heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **falafel**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl if needed, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 4-5 min per side. While **falafel** cooks, make **dressing**.

## 6 | Finish and serve

+ Add | Falafel

Top final bowls with **falafel**.



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