

# Autumn Fattoush

Bialik College Kitchen Garden Program



## Ingredients:

- 1 large lettuce, coarsely chopped
- 2 tomatoes, coarsely diced
- 1 large cucumber, peeled and diced into 1cm squares
- 1 large handful of parsley, finely chopped
- 1 large handful of mint, finely chopped
- ½ red onion, finely sliced
- 2 spring onions, finely sliced
- 1 garlic clove, crushed
- ¼ cup pomegranate molasses (or substitute 2 tablespoons balsamic vinegar)
- 1 lemon, juiced
- 2 tablespoons sumac
- 1 teaspoon paprika
- ½ teaspoon salt
- 2 tablespoons olive oil
- 2 pita breads, sliced into 5cm strips

## Equipment:

- metric measuring cups and spoons
- clean tea towel
- chopping board
- chef's knife
- citrus juicer
- mixing bowls
- mixing spoon
- whisk
- baking tray
- serving bowls

## Method:

1. Preheat the oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Mix the lettuce, tomato, parsley, mint, cucumber, red onion, spring onion and garlic in a large mixing bowl.
4. In a medium-sized mixing bowl, whisk together the pomegranate molasses, lemon juice, sumac, paprika, salt and olive oil to make a dressing.
5. Place the pita strips on the baking tray and bake for 3-5 minutes, or until golden brown.
6. Pour the dressing over the salad and mix thoroughly.
7. Transfer the salad to serving bowls.
8. Break the toasted pita bread into 2cm pieces and sprinkle over the salad before serving.