



Summer Fattoush

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 serves at home

Fresh from the garden: cucumber, garlic, lemon, lettuce, mint, parsley, red onion, spring onion, tomatoes

Recipe source: Adapted from an original recipe by Nikki Bird, Garden Specialist, Barooga Public School, Victoria

Fattoush is a Middle Eastern salad. It includes pieces of toasted Lebanese pita bread and a zingy dressing with lots of crunchy summer vegetables.

Equipment:

clean tea towel chopping board cook's knife metric measuring cups and spoons juicerbowls – 1 large, 1 medium mixing spoon whisk baking tray salad bowl

Ingredients:

1 large lettuce, coarsely chopped 2 tomatoes, coarsely diced 1 large handful of parsley, finely chopped 1 small handful of mint, finely chopped 2 small cucumbers or 1 large, peeled and diced into 1-cm squares 1/2 red onion, finely sliced 2 spring onions, finely sliced 1 garlic clove, finely chopped ¹/₄ cup pomegranate molasses (or substitute 2 tbsp balsamic vinegar) juice of 1 lemon 2 tbsp sumac 1 tsp paprika 1/2 tsp salt 2 tbsp olive oil 2 pita breads, sliced into 5-cm strips

What to do:

- 1. Preheat the oven to 180°C.
- 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 the large bowl.
- **4**. In the medium-sized bowl, whisk together the pomegranate molasses, lemon juice, sumac, paprika, salt and olive oil to make a dressing.



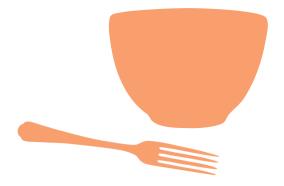


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- 5. Place the pita strips on the baking tray and bake for 3–5 minutes, or until golden brown.
- 6. Pour the dressing over the salad and mix thoroughly with clean hands.
- **7.** Transfer the salad to the salad bowl.
- 8. Break the toasted pita bread into 2-cm pieces and sprinkle over the salad before serving.







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