



Everything But The Chef

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## Roast Pumpkin & Chickpea Fattoush

We love fattoush; that Middle Eastern panzanella style salad studded with crispy shards of Lebanese bread and lemony sumac. There's nothing quite like it! We've thrown everything we love about Middle Eastern cuisine into this celebratory dish: pumpkin, Kalamata olives and chickpeas. If you've got any in the house, a drizzle of tahini on this is divine as well!

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 1**
- lactose free**
- high fibre**
- vegan**
- low kJ**

### Pantry Items



Olive Oil



Pumpkin



Sumac



Chickpeas



Cherry Tomatoes



Pitted Kalamata Olives



Cucumber



Parsley



Lemon



Lebanese Bread

2P	4P	Ingredients
1 portion	2 portions	pumpkin, peeled & cut into 2 cm pieces
1 tsp	2 tsp	sumac
1½ tbs	3 tbs	olive oil *
1 tin	2 tins	chickpeas, drained & rinsed
1 punnet	2 punnets	cherry tomatoes, halved
¼ cup	½ cup	pitted kalamata olives, halved (check for pits)
1	2	cucumber, diced
½ bunch	1 bunch	parsley, finely chopped
½	1	lemon, juiced
1	2	Lebanese bread, cut into strips

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	1690	Kj
Protein	13.6	g
Fat, total	15.8	g
-saturated	3.3	g
Carbohydrate	45	g
-sugars	14.8	g
Sodium	649	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, two oven trays lined with baking paper, sieve, medium bowl, and a small bowl/jug.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Toss the **pumpkin** in the **sumac** and half of the **olive oil** and place on one of the lined oven trays. Season to taste with **salt** and **pepper**. Cook in the oven for **30 minutes**, or until golden and tender.

**3** Meanwhile, combine the **chickpeas**, **cherry tomatoes**, **pitted kalamata olives**, **cucumber** and **parsley** in a medium bowl. Whisk the **lemon juice** and remaining olive oil in a small bowl or jug and season to taste with salt and pepper. Pour the dressing over the salad.

**4** Place the **Lebanese bread strips** on the remaining lined oven tray. Add to the oven in the last **5 minutes** of the pumpkin's cooking time and cook until crispy.

**5** To serve, gently toss the pumpkin and crispy Lebanese bread through the salad and divide between plates.



**Did you know?** Fattoush is an incredibly hydrating salad due to the watery nature of cucumbers and tomatoes so it's perfect for a warm Summer's night!