



LEBANESE CHICKEN FATTOUSH SALAD



INGREDIENTS

For the salad:

- 1 wholemeal pitta bread
- 1 teaspoon vegetable oil

- 2 little gem lettuces - separated and washed
- 1 red pepper – deseeded and sliced thinly
- 2 tomatoes - cut into wedges
- $\frac{1}{4}$ cucumber - sliced
- 4 spring onions - sliced thinly
- 200g cooked chicken - sliced

For the dressing:

- 2 dessertspoons vegetable oil
- 1 dessertspoon lemon juice
- $\frac{1}{2}$ teaspoon sumac
- 1 teaspoon dried parsley
- black pepper

EQUIPMENT

- sharp knife, chopping board,
- baking tray, teaspoon, serving bowl or plate,
- small bowl, dessertspoon

SERVES: 2

PREP TIME: 15 minutes

ALLERGENS: Cereals containing gluten

COOK TIME: 10 minutes

METHOD

- 1 Cut the pitta bread into 2cm chunks and place on a baking tray. Drizzle over 1 teaspoon of oil and bake a preheated oven (190oc/Gas 5) for 8-10 minutes until crisp.
- 2 Prepare the lettuce, vegetables and chicken. Arrange the lettuce on the plate and then sprinkle over the vegetables and chicken.
- 3 In a small bowl, whisk together the oil, lemon juice, sumac, parsley and black Pepper until the dressing starts to thicken.
- 4 Pour the dressing over the salad and finally sprinkle over the crispy pitta chunks. Serve immediately.

HANDY HINTS!

- ✿ This recipe is great for a healthy lunchbox.
- ✿ Sumac is a Lebanese spice made from dried berries. It has a tart lemon-lime flavour and works well with chicken and fish dishes, or even just sprinkled on top of some houmous.