

# FATTOUSH SALAD



## QUICK

10 mins prep  
plus pitta  
cooking time

## HEALTHY

Raw tomatoes provide Vitamin C, which can be destroyed by cooking so here the vitamin is preserved.

## FAMILY

Feeds 4-5 as a  
side dish

## MEALS

This salad goes well  
with Mediterranean &  
Middle Eastern dishes

## INGREDIENTS

- 2 tomatoes
- ½ cucumber
- 1 head romaine lettuce
- 1 small red onion and/or 5 radishes
- 20g parsley
- 20g mint
- Juice of 1 lemon
- 20 ml olive oil
- Large pinch salt
- 2 pitta breads
- 1 tsp za'atar
- 1 tsp sumac
- 1 tbs olive oil
- Pinch salt

## METHOD

- 1) Turn oven onto 180C
- 2) Cut pitta into 10 triangles put into a large bowl
- 3) Pour over the oil, then the za'atar & sumac & mix well
- 4) Cook for 10-15 mins till crispy
- 5) Dice the cucumber, red onion and tomatoes and pop into a large bowl
- 6) Chop the lettuce and add
- 7) Chop the mint and parsley and add
- 8) Squeeze over the lemon juice and oil
- 9) Mix well
- 10) Taste – add more lemon juice/salt to taste
- 11) Just before serving, sprinkle the pitta chips on top



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To watch a video showing how this is made or to explore more  
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