

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
juicer
bowls – 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
½ red onion, finely sliced
2 spring onions, finely sliced
1 garlic clove, finely chopped
¼ cup pomegranate molasses
(or substitute 2 tbsp balsamic
vinegar)
juice of 1 lemon
2 tbsp sumac
1 tsp paprika
½ 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.