

Winter Fattoush

Season: Winter/Spring

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

Fresh from the garden: kale, lemon, lettuce, mint, parsley, radishes, silverbeet, spring onions

Fattoush is a Middle Eastern salad that includes pieces of toasted Lebanese pita bread and a zingy dressing. This version, incorporating lots of crunchy winter vegetables, has been adapted for winter and spring harvests.

Note: If you don't have pomegranate molasses, just bump up the amount of lemon juice for some extra zing.

Equipment:

metric measuring cups
and spoons
tea towel
chopping board
cook's knife
juicer
colander
baking tray
bowls – 1 large, 1 medium
mixing spoon
whisk
serving platter

Ingredients:

1 lettuce, coarsely chopped
4 silverbeet leaves, finely
shredded
4 kale leaves, finely shredded
6 radishes, thinly sliced or
coarsely grated
1 large handful of parsley, roughly
chopped
1 large handful of mint leaves, torn
2 whole spring onions, finely
sliced
2 pita breads, sliced into 5 cm
strips
4 tbsp pomegranate molasses
juice of half a lemon
2 tsp sumac
½ tsp salt
4 tbsp olive oil



What to do:

1. Preheat the oven to 180°C.
2. Prepare all the ingredients based on the instructions in the ingredients list.
3. Place the pita strips on the baking tray and bake for 3–5 minutes, or until golden brown.
4. Combine the lettuce, silverbeet, kale, radishes, parsley, mint and spring onions in the large bowl.
5. In the medium-sized bowl, whisk together the pomegranate molasses, lemon juice, sumac, salt and olive oil to make a dressing.
6. Pour the dressing over the salad and mix thoroughly with clean hands.

7. Transfer the salad to the serving platter.
8. Break the toasted pita bread into 2 cm pieces and scatter over the salad before serving.

