

# 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:** 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  
juicerbowls – 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.
4. In the medium-sized bowl, whisk together the pomegranate molasses, lemon juice, sumac, paprika, salt and olive oil to make a dressing.
5. Place the pita strips on the baking tray and bake for 3–5 minutes, or until golden brown.
6. Pour the dressing over the salad and mix thoroughly with clean hands.
7. Transfer the salad to the salad bowl.
8. Break the toasted pita bread into 2-cm pieces and sprinkle over the salad before serving.