

# 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.

