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Roast Pumpkin & Chickpea Fattoush

We love fattoush; that Middle Eastern panzanella style salad studded with crispy shards of Lebanese bread and lemony sumac. There's nothing quite like it! We've thrown everything we love about Middle Eastern cuisine into this celebratory dish: pumpkin, Kalamata olives and chickpeas. If you've got any in the house, a drizzle of tahini on this is divine as well!



Prep: 10 mins Cook: 30 mins Total: 40 mins



level 1



lactose free



high fibre





low kJ

Pantry Items



Olive Oil











Pitted Kalamata Olives

Pumpkin Sumac Chickpeas Cherry Tomatoes









Cucumber

Parsley

Lemon

Lebanese Bread

2P	4P	Ingredients	
1 portion	2 portions	pumpkin, peeled & cut into 2 cm pieces	
1 tsp	2 tsp	sumac	
1½ tbs	3 tbs	olive oil *	
1 tin	2 tins	chickpeas, drained & rinsed	
1 punnet	2 punnets	cherry tomatoes, halved	
⅓ cup	½ cup	pitted kalamata olives, halved (check for pits)	
1	2	cucumber, diced	
½ bunch	1 bunch	parsley, finely chopped	4
1/2	1	lemon, juiced	⊕
1	2	Lebanese bread, cut into strips	

- May feature in another recipe
- * Pantry Items

Nutrition per serving

Energy	1690	Kj
Protein	13.6	g
Fat, total	15.8	g
-saturated	3.3	g
Carbohydrate	45	g
-sugars	14.8	g
Sodium	649	mo

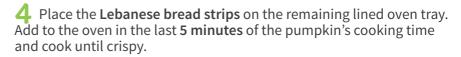
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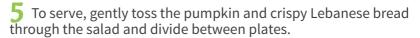
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You will need: chef's knife, chopping board, two oven trays lined with baking paper, sieve, medium bowl, and a small bowl/jug.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 Toss the pumpkin in the sumac and half of the olive oil and place on one of the lined oven trays. Season to taste with salt and pepper. Cook in the oven for 30 minutes, or until golden and tender.
- 3 Meanwhile, combine the chickpeas, cherry tomatoes, pitted kalamata olives, cucumber and parsley in a medium bowl. Whisk the lemon juice and remaining olive oil in a small bowl or jug and season to taste with salt and pepper. Pour the dressing over the salad.











Did you know? Fattoush is an incredibly hydrating salad due to the watery nature of cucumbers and tomatoes so it's perfect for a warm Summer's night!