
Chickpea Fatoush

Cook Time: 20-30 min

prep Time: 15 min

total Time: 40 min

servings: 4

Ingredients:

1/2 small onion, thinly sliced

1/4 cup (60ml) lemon juice

1 romaine lettuce, cut crosswise into 1-inch pieces

1 cup (30g) lightly packed fresh mint, roughly chopped

1 cup (30g) lightly packed fresh parsley, roughly chopped

3 cucumbers, cut into 1/2-inch chunks

1 batch Tahini Sumac Dressing (recipe below)

1 batch Sumac Roasted Chickpeas (recipe below)

Sumac Roasted Chickpeas

1 can (400g cooked) chickpeas, drained and rinsed

1 tablespoon extra virgin olive oil

1 1/2 teaspoons sumac

1/2 teaspoon sea salt

1/4 teaspoon freshly ground black pepper

1/4 teaspoon ground cumin (optional)

Sumac Tahini Dressing

1/3 (90ml) cup tahini

1/4 (60ml) cup olive oil

2 tablespoons lemon juice

1 tablespoon honey

1 medium garlic clove

2 tablespoons sumac powder

1/2 teaspoon salt

1/4 teaspoon black pepper

Instructions:

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1. To roast the chickpeas: Preheat your oven to 220°C/425°F. Line a rimmed baking sheet with parchment paper. Place the rinsed chickpeas in an absorbent kitchen towel. Gently roll and pat until the towel has absorbed all of the moisture from the chickpeas. In a large bowl, whisk together the olive oil and spices. Add the chickpeas and toss well to coat them with spices. Transfer the seasoned chickpeas to the baking sheet; arrange in a single layer. Roast for 20-30 minutes, checking halfway through to shake the pan to turn the chickpeas. Remove from the oven once the chickpeas are light and crispy. Let cool slightly.
 2. To make the dressing: Mix all ingredients together. Store in the fridge for up to 5 days.
 3. Mix the sliced onion with the lemon juice and store in the fridge a few hours ahead.
 4. Just before serving, add lettuce, cucumber, and herbs to a salad bowl. Add the dressing and sliced onion with the lemon juice. Mix so the dressing coats all the leaves. Taste and season with salt and pepper if needed. Finally, sprinkle the roasted chickpeas all over the top and serve.