

Fattoush Salad

Serves 4 as side, 2 as main

Preparation Time: 15-20 mins

If you've never had a fattoush salad in its purest form then you are truly missing out on one of the world's culinary treasures.

Ingredients

- ❖ 1 head of Romain lettuce, shredded
- ❖ handful of purslane or rocket
- ❖ 6-7 mint leaves, torn
- ❖ 3 medium tomatoes, quartered and then halved again
- ❖ 100g (3oz) cucumber, medium chopped
- ❖ 100g (3 oz) radishes, medium chopped
- ❖ 1-2 large spring onions, medium chopped
- ❖ 1 tablespoon of Sumac
- ❖ 15 ml (1 tbsp) pomegranate molasses
- ❖ 45ml (3 tbsp) olive oil
- ❖ juice of half of lemon, more or less to taste
- ❖ salt & pepper, to taste
- ❖ 1 loaf of Arabic bread toasted in the oven for about 5 minutes or until crispy and golden brown.

Directions

1. In a large bowl add the prepared items; lettuce, rocket or purslane, mint leaves, tomatoes, cucumber, radishes, spring onions and sprinkle with the sumac, salt & pepper.
2. Mix the dressing together: the pomegranate molasses, olive oil and lemon juice.
3. Add the dressing to the bowl of ingredients and toss well. Using your hands, smash up the toasted Arabic bread over the bowl, into bite sized pieces. Enjoy!

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