

FATTOUSH

INGREDIENTS

2 loaves pita bread
Early Harvest Extra Virgin Olive Oil
1/2 tsp sumac, more for later
Salt and pepper
1 heart of Romaine lettuce, chopped
1 English cucumber, chopped
5 Roma tomatoes, chopped
5 green onions (both white and green parts), chopped
5 radishes, stems removed, thinly sliced
2 cups chopped fresh parsley leaves, stems removed
1 cup chopped fresh mint leaves (optional)

LIME-VINAIGRETTE

1 1/2 lime, juice of
1/3 cup Extra Virgin Olive Oil
Salt and pepper
1 tsp ground sumac
1/4 tsp ground cinnamon
scant 1/4 tsp ground allspice

METHOD

Step 1

Toast the pita bread in your toaster oven until it is crisp but not browned. Heat 3 tbsp of olive oil in a large pan. Break the pita bread into pieces, and place in the heated oil. Fry briefly until browned, tossing frequently. Add salt, pepper and 1/2 tsp of sumac. Remove the pita chips from the heat and place on paper towels to drain.

Step 2: In a large mixing bowl, combine the chopped lettuce, cucumber, tomatoes, green onions with the sliced radish and parsley.

Step 3: To make the lime vinaigrette, whisk together the lime juice, olive oil and spices in a small bowl.

Step 4: Dress the salad with the vinaigrette and toss lightly. Finally, add the pita chips, and more sumac if you like, and toss one more time. Transfer to small serving bowls or plates. Enjoy!

THE
COOKERY

by The Secret Jozi Chef