

Crispy Chickpea and Hummus Fattah

with Pistachios

hellóchef

New to fattah? Think of it as a Levantine tumble made with crispy bread and, well, whatever else you fancy!

Cals 998 • Prot 32 • Carbs 153 • Fat 30

Vegan

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 30 min

R2751



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chickpeas	240	480	480	Grams
Vegetable oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Ras el hanout	5	8	10	Grams
Arabic flatbread packet 10*, 11*	1	2	2	Piece
Zaatar	10	20	20	Grams
Cherry tomatoes	250	300	500	Grams
Cucumber	1	2	2	Piece
Fresh parsley	15	15	15	Grams
Hummus 3*	200	400	400	Grams
Pomegranate molasses	20	30	40	Grams
Olive oil	1	2	2	Tbsp
Sliced pistachios 2*	20	30	40	Grams

Allergens

*10 Wheat, *11 Gluten, *3 Sesame Seeds, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

Per Serving*

Energy (kJ/kcal)	4178 / 998
Fat (g)	29.8
of which saturates (g)	2.1
Carbohydrate (g)	153
of which sugars (g)	11.3
Fiber (g)	15.6
Protein (g)	31.7
Salt (g)	1.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast chickpeas

Preheat the oven to 200°C/180°C fan. Rinse, drain and dry the **chickpeas**. Add the **chickpeas** to one side of a baking tray. Drizzle with **oil** and sprinkle with the **salt** and the **Ras el Hanout (spicy!)**. Give everything a good mix up. Roast for 20 min.

Tip! If cooking for kids, go easy on the spice or keep a portion of the chickpeas plain and roast separately on the baking tray.



2 Roast bread

Meanwhile, tear the **Arabic flatbreads** into bite-sized pieces. Once the **chickpeas** have been baking for 10 min, add the **Arabic flatbreads** to the other side of the baking tray. Drizzle with **oil** and sprinkle with **salt** and **zaatar**. Give everything a good mix up. Roast for 10 min further.

Tip! If cooking for kids, keep a portion of the flatbreads plain and bake separately on the baking tray.



3 Prep

Meanwhile, halve the **cherry tomatoes**. Chop the **cucumber**. Wash and pick the **parsley** leaves.



4 Serve

Divide the **hummus** among plates and spread it out in a 1 cm thick layer. Top with the crispy **Arabic bread**, followed by the **tomatoes** and **cucumber**, followed by the crispy **chickpeas**. Drizzle with the **pomegranate molasses** and a generous lug of good quality **olive oil**. Garnish with the **pistachios** and **fresh parsley** leaves.

Tip! If cooking for kids, serve the plain flatbread, tomatoes, cucumber and chickpeas separately with hummus, pomegranate molasses and pistachios on the side.