

Crispy Chicken and Fattoush Salad

with Pomegranate Molasses

hellóchef

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

Cals 755 • Prot 56 • Carbs 116 • Fat 11

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🕒 cook: 30 min

R3084



Before you start

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

Ingredients

Oven & Pan	2 ppl	3 ppl	4 ppl	
Chicken breast	300	500	600	Grams
Arabic flatbread packet 10*, 11*	1	2	2	Piece
Vegetable oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Zaatar	5	8	10	Grams
Ras el hanout	5	8	10	Grams
Salad				
Cherry tomatoes	150	250	300	Grams
Cucumber	1	1	2	Piece
Fresh parsley	15	15	30	Grams
Pomegranate molasses	20	30	40	Grams
Sauce				
Garlic cloves	1	1	1	Piece
Lemon	1	1	2	Piece
Tahini 3*	30	40	60	Grams
Salt	0.5	0.5	1	Tsp

Allergens

*10 Wheat, *11 Gluten, *3 Sesame Seeds

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)	2894 / 755
Fat (g)	10.7
of which saturates (g)	0.5
Carbohydrate (g)	116
of which sugars (g)	8.6
Fiber (g)	5.1
Protein (g)	55.6
Salt (g)	0.6

*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 bread

Preheat the oven to 200°C/180°C fan. Tear the **Arabic flat breads** into bite-size pieces. Add the **Arabic flat breads** to a baking tray. Drizzle them with **vegetable oil** and sprinkle with **salt** and **zaatar**. Give everything a good mix up. Roast in the oven for 10 min or until toasted. Once toasted, remove from the oven and set aside to cool slightly.



2 Cook chicken

Meanwhile, sprinkle the **chicken breast** with **Ras el Hanout** and **salt**. Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the **chicken** and cook for 5 min on each side until browned and cooked through. Once cooked, remove from the heat and set aside to rest.



3 Make tahini sauce

Meanwhile, peel and mince the **garlic**. Juice half the **lemon** directly into the bowl and whisk. Add the **garlic, tahini** and **salt** and whisk again. Finally, gradually add {1/1/2} Tbsp of **water** and continue to whisk until smooth. Set aside.



4 Prep

Halve the **cherry tomatoes**. Chop the **cucumber** and **parsley** leaves finely.



5 Toss

Toss the **cherry tomatoes, cucumber** and **parsley** with the **bread**. Divide among plates – this is your **fatteh**. Slice the **chicken breast**.



6 Serve

Serve the **chicken** over the **fatteh**. Drizzle with the **tahini sauce**, then drizzle with the **pomegranate molasses**.

Tip! This recipe is endlessly customisable. Swap the chicken for lentils or use roasted eggplants instead of tomatoes.