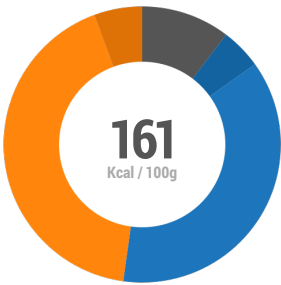


Open Fattoush salad with grilled pitta and harissa houmous

By Oliver Lloyd from Brakes



CALORIES:

41.8% Carbs

10.4% Protein

47.8% Fat

CONTAINS:

WHEAT

MUSTARD

SESAME

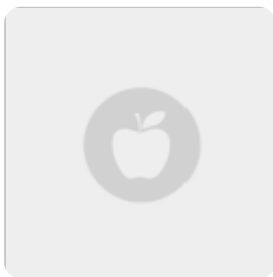
SULPHITES

MAY CONTAIN:

CELERY

Recipe Ingredients ...	Quantity:	Description:
146273 - 146273 Mission Sourdough Pitta Breads - BRAKES	80g	1x Each
121395 - 121395 Sysco Classic Smoked Houmous with Harissa - BRAKES	65g	0.07x Each
146257 - 146257 British Red Cherry Tomatoes - BRAKES	10g	0.1x Each
146258 - 146258 British Yellow Cherry Tomatoes - BRAKES	10g	0.1x Each
10230 - 10230 Cucumber - BRAKES	40g	0.1x Each
123174 - 123174 Sweet & Sour Onion Pickles - BRAKES	5g	0.01x Each
113882 - 113882 Premium Large Mint Bunch - BRAKES	2g	0.02x Each
113881 - 113881 Herb Bunched Flat Leaf Parsley - BRAKES	2g	0.02x Each
114229 - 114229 Little Gem Twin Pack - BRAKES	50g	0.2x Each
74817 - 74817 Pomegranate Seeds - BRAKES	5g	0.03x Each
114218 - 114218 Lemons - BRAKES	25g	0.16x Each
33889 - 33889 Font Oliva Olive Oil - BRAKES	10g	0.01x Each
127154 - 127154 ECOCE Sherry Vinegar CASE - BRAKES	5ml	0.01x Each
131420 - 131420 Brakes Sumac - BRAKES	5g	0.01x Each

1 Serving



 *Product code*

 *Barcode*

 314g / 521kcal

1

Cooking Instructions & Notes

Preparation:

Defrost the pitta
Slice the tomatoes
Dice the cucumber
Chop the mint and parsley
Chop the lettuce
Juice the lemon

Method:

1. In a bowl combine the cucumber, tomatoes, onions, herbs, lettuce and pomegranate seeds.
2. Mix with the sumac, sherry vinegar, olive oil and lemon juice.
3. Grill the pitta and transfer to a suitable dish.
4. Spread on the houmous leaving a gap in the centre.
5. Spoon the salad into the centre.
6. Garnish with picked herbs and a sprinkle of sumac - serve!