



## Plant-Based: Roasted Vegetable Fattoush

with Lemon-Tahini Dressing



20-30min



2 Servings

Fattoush is a Middle Eastern bread salad, typically found in Lebanese and Syrian cuisine. This winterized version features hearty cold-weather veggies tossed in warming baharat spice and roasted to bring out their sweetness. Finish it with chickpeas, toasted pita, arugula, and lemon-tahini dressing for a quick, but satisfying meal.



## What we send

- 1 sweet potato
- 1 medium yellow onion
- ¼ oz baharat spice blend <sup>11</sup>
- 1 lemon
- 1 can chickpeas
- 1 oz tahini <sup>11</sup>
- 2 Mediterranean pitas <sup>1,6,11</sup>
- 3 oz arugula

## What you need

- olive oil
- kosher salt & ground pepper
- sugar

## Tools

- rimmed baking sheet

**Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.**

**For recipes containing garlic, you'll find one head of garlic in your box.**

**We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.**

### Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 590kcal, Fat 23g, Carbs 103g, Proteins 24g



### 1. Prep vegetables

Preheat oven to 450°F with a rack in the upper third. Halve and cut **all of the onion** through the root end into ½-inch thick wedges. Scrub **sweet potato** (peel, if desired), then cut into 1-inch pieces.



### 2. Roast vegetables

On a rimmed baking sheet, toss **sweet potatoes, onions, 1 tablespoon oil**, and **½ teaspoon baharat spice blend**; season with **salt** and **pepper**. Roast on upper oven rack until vegetables are tender and browned in spots, about 20 minutes.



### 3. Make lemon dressing

Meanwhile, squeeze **1 tablespoon lemon juice** into a large bowl. Cut any remaining lemon into wedges. Whisk **½ teaspoon sugar** into lemon juice until sugar is dissolved. In a slow, steady steam, whisk in **3 tablespoons oil** until emulsified. Season to taste with **salt** and **pepper**.



### 4. Season chickpeas & tahini

Drain and rinse **chickpeas**, then transfer to bowl with **lemon dressing**, stirring to coat. In a small bowl, slightly thin **tahini** by stirring in **2-3 tablespoons warm water** as needed. Season to taste with **salt** and **pepper**



### 5. Dress roasted vegetables

Transfer **roasted sweet potatoes and onions** to bowl with **dressed chickpeas**, stirring gently to combine.



### 6. Toast pitas & serve

Lightly brush **pitas** with **oil**. Toast directly on upper oven rack until browned in spots, about 5 minutes. Cut or tear into bite-sized pieces. Transfer **pitas** and **arugula** to bowl with **chickpeas and vegetables**, tossing gently to combine. Season to taste with **salt** and **pepper**. Sever **vegetable fattoush salad** drizzled with **tahini**. Serve with **any lemon wedges**. Enjoy!