



Vegetable Fattoush & Chicken Breast Strips

with Lemon-Tahini Dressing



20-30min



2 Servings

Fattoush is a Middle Eastern bread salad, typically found in Lebanese and Syrian cuisine. This version features hearty 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 yellow onion
- 1 sweet potato
- ¼ oz baharat spice blend ¹¹
- 10 oz pkg chicken breast strips
- 1 lemon
- 15 oz can chickpeas
- 1 oz tahini ¹¹
- 2 Mediterranean pitas ^{1,6,11}
- 3 oz arugula

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- rimmed baking sheet

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 730kcal, Fat 25g, Carbs 103g, Protein 57g



1. Prep vegetables & chicken

Preheat oven to 450°F with a rack in the upper third. Halve **onion**; cut through root end into ½-inch thick wedges. Scrub **sweet potato** (peel, if desired); cut into 1-inch pieces. On a baking sheet, toss **sweet potatoes, onions, 1 tablespoon oil**, and **½ teaspoon baharat spice**; season with **salt** and **pepper**.

Pat **chicken** dry, then season all over with **salt** and **pepper**.



2. Cook veggies & chicken

Roast **vegetables** on upper rack until tender and browned in spots, 20 minutes.

Meanwhile, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** in a single layer; cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



3. Make lemon dressing

Meanwhile, squeeze **1 tablespoon lemon juice** into a large bowl. Cut any remaining lemon into wedges. Whisk in **½ teaspoon sugar** to bowl with lemon juice until sugar is dissolved. In a slow, steady stream, 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** and **chicken** to bowl with **dressed chickpeas**, stirring gently to combine.



6. Finish & serve

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

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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