



## Low-Cal 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 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 medium yellow onion
- 1 sweet potato
- 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 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** 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**. Serve **vegetable fattoush salad** drizzled with **tahini**. Serve with **any lemon wedges**. Enjoy!