



FATOOSH

A traditional Syrian salad essential in every home. This is the authentic recipe using apple vinegar and toasted bread.

Nutrition Facts Per Serving: Calories 106, Protein 5g, Carbs 20g, Fat 1g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 0 min



INGREDIENTS

Tomato

Fresh Mint

Organic Cucumber

Pita Bread

Onion and Spring Onion

Dressing (apple cider vinegar,

Purslane (bakleh)

olive oil, dry mint, sumac & salt)

METHOD

1. Place vegetables in a large mixing bowl.
2. Place the Pita bread on a baking sheet in a shallow baking tin.
3. Toast in a preheated oven at about 180°C until golden and crunchy, do not burn.
4. Set aside and allow cooling to room temperature.
5. Place bread in a mixing bowl then add half of the dressing and soak for 2 minutes.
6. Add soaked bread to vegetables, sprinkle half remaining dressing and toss well to coat.
7. Adjust dressing to taste and serve immediately.

Hint: If you want to keep the crunchy effect, then omit step 5, add all the toasted pita to the vegetables, add the dressing, toss to coat, adjust dressing and serve immediately.



BON APPETIT