

Fattoush: Levantine Bread Salad with Tomatoes and Herbs

Serves 4

While you're setting up: Turn the sandwich press on.

Equipment Checklist

Chopping board
Knife
Sandwich press
Large mixing bowl
Vegetable peeler
Tongs
Wooden spoon
Small mixing bowl
Whisk

Ingredients

2 Lebanese breads
2 Tbsp black olive tapenade
1 head baby cos lettuce
2 vine ripened tomatoes
2 Lebanese cucumbers
4 shallots
1 green capsicum
½ bunch parsley
¼ bunch mint
1 bunch rocket
2 lemons
2 Tbsp extra virgin olive oil
1 tsp ground sumac
½ tsp hot paprika
Salt and pepper



RECIPE BY
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Dinner in 10

10. Cut the Lebanese breads open and fill with tapenade. Assemble them back together and place in the hot sandwich press.
9. Tear the cos lettuce into small pieces and place in a large mixing bowl.
8. Dice the tomatoes and add to the lettuce.
7. Use a vegetable peeler to shave the cucumbers into fine strips and mix into the salad bowl. Chop the shallots finely and mix in.
6. Cut the green capsicum into very fine strips. Stir into the salad.
5. Finely chop the herbs and tear the rocket into small pieces. Add both to the large mixing bowl.
4. Halve the lemons and squeeze the juice into a small mixing bowl.
3. Mix the olive oil, sumac and paprika in with the lemon juice and season generously with salt and pepper.
2. Pour the lemon dressing over the salad and mix well. Remove the toasted Lebanese breads from the sandwich press.
1. Tear the breads into small pieces and mix into the salad. Divide between four plates.

Serve

Note to Self: Fattoush is a traditional Syrian salad. Sumac is a bright purple sour-tasting spice made from the seeds of a plant related to poison ivy. You'll find sumac at some supermarkets and all good delicatessens.

For more recipes by Fast Ed, purchase his cookbook, *Dinner in 10*, available at Book Review in St Ives Shopping Village.