

Arabic Fattoush Salad

Savannah · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

This fattoush recipe is a colorful tossed salad with a lemony garlic dressing. Fattoush is one of the most well-known Middle Eastern salads and a standard dish on the mezza small dishes table. If you've never made a single Arabic dish, this is a delicious and healthy place to start.

Ingredients

- 1 tablespoon vegetable oil
- for frying - 2 small (4 inch) pita breads
- torn into pieces - 1 large English cucumber
- finely diced - 3 cups halved grape tomatoes - $\frac{3}{4}$ cup chopped Italian parsley - $\frac{3}{4}$ cup chopped fresh mint - $\frac{1}{2}$ red onion
- finely diced - 2 tablespoons extra-virgin olive oil
- or to taste - 1 tablespoon fresh lemon juice
- or to taste - 1 teaspoon ground sumac
- or to taste - 1 clove garlic
- crushed
- or more to taste - kosher salt and freshly ground black pepper to taste - 1 ounce sheep's milk feta cheese

Instructions

1. Heat oil in a large skillet over medium-high heat. Working in batches
2. fry pita pieces in hot oil until golden brown on both sides. Blot dry with paper towels and set aside. Combine cucumber
3. tomatoes
4. parsley
5. mint
6. red onion
7. olive oil
8. lemon juice
9. sumac
10. garlic
11. kosher salt
12. and ground black pepper in a large serving bowl. Gently toss salad with fried pita pieces. Grate feta cheese on top using a small cheese grater to serve.