

Name
FATTEH

Details

Brunch recipe with a prep time of 30 minutes and an assembly time of 5 minutes. Good for 4.



INGREDIENTS

1. 3 jars of whole chickpeas in brine
2. 2 bags of small Arabic pita bread
3. 300 grams of tomato paste
4. 5 cloves of garlic, ponded
5. 1 teaspoon of butter
6. 1 teaspoon of salt
7. 300 grams of water
8. 100 grams of pine seeds
9. Pinches of dried mint

METHOD

- Preheat your oven to 120 degrees Celsius.
- Wash and strain the chickpeas.
- Pop each of the chickpeas out of their translucent skin. (Skip if you don't have time)
- Place the chickpeas in a deep pot with 200 grams of water and bring to a boil.
- Place the pita breads on a flat baking sheet and slide into the oven to crisp up, around 10 minutes. Once crispy, take the baking sheets out of the oven and set aside. Turn off your oven.
- Place a pan on the stovetop and add the butter, once melted, add the garlic and salt. Keep stirring until the garlic is cooked and before it browns, add the tomato sauce and stir until combined. Add 100 grams of water for a smoother consistency. Cook for 5 minutes and remove from the heat.
- Place a pan on the stovetop and add the pine seeds. Toast for 7 minutes until the aroma and oils are release.
- Strain the heated chickpeas and place in the bottom of a large serving dish.
- Break the crispy pita bread into bite sized chips with your hands and layer over the chickpeas. Spoon in the cold yogurt over the pita bread. Next layer the garlic-tomato sauce, add the pine seeds and sprinkle the dried mint to finish.

Once layered service immediately before the pita bread wilts.

Photography, Recipe, Foody Styling, Prop Styling by: TALA SOUBRA