

Green Machine

We added chickpeas to this middle eastern inspired dish to make it the perfect balanced lunch but you could add any beans or protein that you'd like.

Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.



Equipment you will need:

- Chopping board
- Sharp knife
- Mixing bowl
- Tin opener
- Fork
- Frying pan
- Sieve
- Kitchen paper
- Serving bowl

Ingredients (allergens highlighted in bold):

For the pitta chips:

- 2 x pitta bread**
- 2 tbsp oil
- 1/2 tsp sumac

For the dressing:

- 15ml lime juice
- 2 tbsp oil
- 1/2 tsp ground cinnamon
- 1/2 tsp ground allspice
- 1/2 tsp sumac
- 1 tsp dried parsley
- 2 tsp mint sauce

For the salad:

- 1 cucumber
- 3 tomatoes
- 4 spring onions
- 2 radishes
- 1 x 400g tinned chickpeas in water

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

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Instructions:

For the pitta chips:

1. Cut or tear the pitta bread into 1cm pieces.
2. Measure the oil into a bowl and add the pitta pieces.
3. Toss the bread in the oil until evenly coated, then sprinkle over the sumac and toss again.
4. Over a medium heat, toast the pitta chips in a frying pan until golden brown and crispy (around 4 - 5 minutes).
5. Transfer to a plate lined with kitchen paper.

For the dressing:

6. Add all of the dressing ingredients to a jar with a tightly fitting lid.
7. Ensuring the lid is tightly closed, shake to combine all of the dressing.
8. Set aside and allow the flavours to infuse whilst making the salad.

Remember to measure or check the weights of your ingredients. We may have included more than you need.

For the salad:

9. Finely slice the spring onions and radishes.
10. Dice the cucumber and tomatoes, drain in a sieve to remove excess liquid.
11. Drain the chickpeas and press lightly with a fork to create rough edges (this will help them to absorb the flavour of the dressing).
12. In a large bowl combine all the salad ingredients, give the dressing another shake and pour over the salad before, finally, sprinkling with the crunchy pitta chips.



Top Tip! The pitta chips that go into this salad are a great way of using up bread that's past its best and they make a tasty snack on their own!