Fattoush



Great made with day-old flatbread, pitta or even a slice from a stale crusty loaf!

This will serve 2 – 3 for lunch, or more as part of a mixed mezze.

- 1 day old flatbread or pitta, or slice of good bread
- Olive oil and sumac
- 300 g ripe tomatoes — cut into bite sized chunks
- A double handful of basil leaves — torn into pieces
- 150 g cucumber — cut into bite sized chunks
- 1 long red pepper — finely sliced into rings
- 1 red onion — finely sliced
- Leaves from 6 sprigs of garden mint — coarsely chopped or sliced
- Seasoning, extra virgin olive oil and lemon juice to dress

Drizzle the bread with a little oil and sprinkle with a few pinches of sumac, or black pepper which makes a great substitute. Put under a low grill until it crisps up, but watch it carefully as it can easily burn. Break into bite sized pieces and put into your salad bowl.

Add the salad vegetables and the herbs, with a couple of glugs of olive oil and the juice of about ½ a lemon.

Toss all the ingredients together, then season to taste with salt and black pepper. Taste to see if you need more lemon juice, this depends on the acidity of the tomatoes, and add a little extra oil if the salad is not well coated.

Serve immediately before the bread softens.