



LEBANESE MEZZE PLATE

WITH SPICED CHICKPEAS, DUKKAH, SHANKLISH & CHARRED VEGETABLES

 LEBANON

 2 SERVINGS

 30 MINS + PREP TIME



INGREDIENTS:



ATLAS smashed cheese



1 ATLAS dukkah



1 ATLAS chickpeas pack



2 pita bread



1 cucumber



1 baby cos lettuce



1 red onion*



1 tomato



1 lemon



2 garlic cloves*



1 capsicum



1 parsley bunch*



1 mint bunch*

PANTRY STAPLES:

Salt, olive oil

ALLERGENS:

Garlic, onion, wheat, gluten, dairy, sesame, nuts

SPECIALISED EQUIPMENT:

Lined baking tray, potato masher, microplane/zester, citrus juicer (optional)

CHEF'S NOTE: Shanklish is an aged Middle Eastern cheese. Here it is smashed with spices, spring onion and tomato to accompany the mezze spread.

* Use half of the onion provided.

* Parsley, garlic and mint are to be split across other dishes so please read each recipe carefully.



1. Prepare the ingredients

Always read the recipe in full before you begin. Preheat the oven to 200C fan forced. Wash the vegetables. Cut the tomato and cucumber into bite sized pieces. Dice the onion*. Pick the outer layers of the lettuce and reserve. Cut the lettuce core in half lengthways. Cut the capsicum cheeks off. Zest and juice the lemon. Mince 1 garlic clove* per person. Pick some of the mint* leaves. Finely chop 1 teaspoon of parsley* per person. Drain and wash the chickpeas.



2. Crisp the chickpeas

Mix a third of the chickpeas with a splash of olive oil, a sprinkle of salt and a third of the dukkah. Place onto a lined baking tray and into the preheated oven for 10 minutes or until browned and crispy.



3. Cook the mashed chickpeas

Meanwhile, heat a splash of oil in a saucepan over medium heat. Add the remaining chickpeas, 1 tablespoon of water per person, garlic, half of the lemon juice and zest and another third of the dukkah and cook for 8 minutes or until softened. You may need to add more water during the cooking time. Using a potato masher, roughly mash the chickpeas. Adjust seasoning if needed with salt and olive oil.



4. Char the vegetables

Heat a small splash of oil in a frying pan over high heat. Cook the lettuce for 2 minutes, cut side down, or until charred. Set aside. Add the capsicum and cook for 2 minutes on each side or until charred. Cut the capsicum cheeks in half.



5. Heat the bread

Lightly brush the pita with olive oil and sprinkle with the remaining dukkah. Place onto a lined baking tray and into the oven for 5 minutes or until browned. Cut into wedges.



6. Make the salad

Meanwhile, combine the tomato, onion, cucumber, parsley and mint. Season to taste with the remaining lemon juice and zest, a sprinkle of salt and a splash of olive oil.



7. To serve

Serve the crispy chickpeas, mashed chickpeas, charred vegetables, salad, smashed cheese, lettuce leaves and dukkah pita bread.