

fateh

Ingredients

- 1 kg of cooked chickpeas
- 1 small tub of tahini dip
- ¼ tsp crushed garlic
- 1 kg of plain yogurt
- 1 packet of crispy bread
- 1 tsp of salt
- 1 tsp of mixed spice
- 1 tsp of sumac
- 1 tsp of zaatar

Method

- In a deep tray, place the crispy bread at the bottom.
- Mix together chickpeas with the spices and the salt, then layer on top of the bread
- Mix the tahini dip with the yogurt and the garlic and pour it over the chickpeas

Garnish Ingredients

- 100g pine nuts
- 100g of split almonds
- 2 tbsps of rice bran oil
- pinch of parsley, washed and chopped
- ground pistashiou

Garnish Method

- Heat the oil in a saucepan, add the almonds, fry until they change colour slightly, then add the pine nuts, stir until they are both a golden brown colour
- Sprinkle on top of the dish followed by the parsley,