

Chicken Fattoush



Serves 4 Prep 5 mins

Cooking 30 mins

Easy

Ingredients

500g chicken thighs
1 tbsp olive oil
2¼ tsp sumac
2 pitta breads, (more if hungry)
1 cucumber
6 tomatoes
1 romaine lettuce, shredded
1 bunch spring onions, finely sliced
200g radishes, thinly sliced

Dressing

4 tbsp olive oil
2 lemons, zest and juice
1/2 tsp sugar
1/2 tsp sumac

1. Put the chicken thighs onto a plate and drizzle 1tbsp of oil over with 2tsp sumac and some seasoning. Massage this all over the chicken.
2. Bring a large non-stick frying pan to a medium heat and cook the chicken for 5 mins each side or roast in the oven for 25 mins.
3. While the chicken cooks, halve the cucumber lengthways, deseed with a spoon and cut into chunks. Then quarter the tomatoes, deseed & cut into strips.
4. When the chicken is cooked through, remove from the heat and set aside on a clean plate.
5. In a large bowl, put all the salad ingredients together. Next, whisk all the dressing ingredients together and pour over the salad, tossing well.
6. Toast the pitta until just starting to colour, then tear up and fry in a non-stick frying pan with 2tbsp of oil for 1-2 mins, then sprinkle over ¼ tsp of sumac. When the pitta is golden, remove onto some kitchen paper & season well.
7. Slice the chicken into strips and add to the salad. Finish by scattering the pitta bread pieces over the top before serving.