



# Fatoush Salad

## INGREDIENTS

- 1 cos Lettuce
- 1 red cabbage
- 1kg ripe tomato
- 1kg cucumber
- 2 Spanish opinions
- 2 red capsicum
- 1 bunch parsley
- 1 bunch mint
- 2 Loaves Lebanese
- 1/2 cup pomegranate molasses
- 1 cup olive oil
- Salt and pepper

## METHOD

1. Cut the Lebanese bread into squares and fry in cooking oil or bake until a light golden-brown colour, set on kitchen paper to cool down.
2. Chop all the ingredients so that they are similar in size and mix in a large bowl.
3. Mix the dressing ingredients together, once mixed well add to the vegetables mix and toss thru just before serving. Finally add the bread chips on top.

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Presented by Manasif Darwiche  
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# Mfarkah

## INGREDIENTS

- 3 kg potato (mashing variety)
- 2 bunch parsley
- 2 large red onions
- 3 long red chillies
- 1 cup olive oil
- Salt and white pepper

## METHOD

1. Peel and chop potato to a similar size, and place in a pot of boiling water over medium to high heat. Once soft, drain the water and put the potatoes through a potato ricer or mash them.
2. Chop up the parsley, onion and chilli to a fine dice and add to the mashed potato once cool.
3. Add the olive oil, and salt and pepper.
4. Mix all the ingredients together until well combined
5. Serve.

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