

# Fattoush tabbouleh, roasted garlic hummus and pickled turnips

Recipe for 4 persons



## Description

A smart mix between tabbouleh and fatouche salad, serve with the famous red pickled turnips and roasted garlic hummus.

## Ingredients

### For the fatouche salad

- 0.50 Unit(s) Cucumber
- 2 Unit(s) Italian tomatoes
- 0.50 Unit(s) Red onion
- 100 Ml Couscous
- 100 Ml Water
- 2 Unit(s) Lemon
- 10 Gr Sea salt flakes
- 1 Bunch(es) Mint
- 0.50 Bunch(es) Parsley
  
- Olive oil
- Salt and pepper

### For the pickled turnips

- 2 Unit(s) Red beets
- 1 Unit(s) Turnip
- 250 Ml Red wine vinegar
- 125 Ml Sugar
  
- Olive oil
- Salt and pepper

### For the hummus

- 1 Head(s) Garlic
- 1 Unit(s) Chick peas can (540ml)
- 45 Ml Tahini
- 45 Ml Olive oil
- 2 Unit(s) Thick pita bread
  
- Olive oil
- Salt and pepper

## Preparation

- Preparation time **40 mins**
- Resting time **20 mins**

### For the preparations

Cut the cucumber, the tomatoes and the onion in big cubes (1x1cm). Chop the mint, the parsley and squeeze the lemons. Cut the turnips in small cubes (0.5x0.5cm), slice the beets. Cut the hat of the garlic head, put in a aluminium foil, cover with olive oil, close it and cook it for 30 minutes until it gets tender. Strain the chick peas. Cut the pita in tips, get it crispy in the oven with a drizzle of olive oil.

### For the turnips and the tabbouleh

Mix the couscous with olive oil, bring the water to boil and pour it on the couscous, cover it and let it cook for 20 minutes. Grain the couscous with a fork, season it with half of the lemon juice, salt, Pepper and olive oil. Add the chopped herbs. Put the beets and the turnips in a bowl, bring the vinager and the sugar to boil, pour it on the veggies, cover and let seat for at least 45 minutes.

### For the hummus

In the cutter, put the chickpeas, the tahini, the olive oil and the roasted garlic, make it smooth and season it.

### For the plating

In a bowl, mix the tomatoes, the cucumber, the onion, with the rest of the lemon juice, olive oil, salt and pepper. Fill a cookies cutter, half with the couscous and half with the vegetables salad. Make big hummus dots all around and top it with the turnips, finish with the pita crisps everywhere.

**Bon appétit!**