



### Product Spotlight: CoCoMe Coconut Yoghurt

Handcrafted here in Perth, CoCoMe's coconut yoghurt is made using only pure and natural plant-based ingredients and are filled with probiotics to support digestive health. Try some of the other flavour's available on our Marketplace now.



## Crispy Chickpea Fatteh with Garlic Coconut Yoghurt

Chickpeas, sweet potato and red onion, roasted and served fatteh style with cumin pappadums, garlic and lemon zest coconut yoghurt, a fresh topping of ribboned zucchini and parsley, pine nuts and currants and pickled red onion.



40 minutes



2 servings



Plant-Based

## What is fatteh?

*Fatteh is a popular Middle Eastern dish made of layers of crispy pita chips, spiced chickpeas, and a garlicky tahini yogurt sauce. Commonly served for breakfast or as a warm appetiser, this fatteh recipe has been pumped up to make a filling and delicious dinner!*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	25g	42g	149g

## FROM YOUR BOX

CHICKPEAS	400g
SWEET POTATOES	400g
RED ONION	1
PAPPADUMS	1 packet
GARLIC CLOVE	1
LEMON	1
COCONUT YOGHURT	
ZUCCHINI	1
PARSLEY	1 packet
CURRENT + PINE NUT MIX	40g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, white wine vinegar, sugar of choice

## KEY UTENSILS

large frypan, saucepan

## NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Cooking the pappadums in the microwave according to packet instructions will be the quickest method and uses less oil.



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### 1. ROAST THE SWEET POTATO

Drain and rinse chickpeas. Cut sweet potato into angular pieces. Slice onion (reserve 1/4 for step 2). Toss on a lined oven tray with **oil, 2 tsp smoked paprika, salt and pepper**. Roast for 30–40 minutes until potatoes are tender and chickpeas are crispy.



### 4. MIX COCONUT YOGHURT

Crush garlic. Add 1/2 to a bowl (reserve remaining for step 5), along with lemon zest, coconut yoghurt, **salt and pepper**. Mix to combine.



### 2. PICKLE THE ONION

In a non-metallic bowl (see notes) whisk together **2 tbsp vinegar, 1 tbsp water, 1 tsp salt and 1 tsp sugar**. Add reserved onion to bowl. Set aside and drain before serving.



### 5. MAKE THE TOPPING

Add reserved garlic, juice from 1/2 lemon (wedge remaining), **1 1/2 tbsp olive oil, salt and pepper** to a bowl, whisk to combine. Ribbon zucchini and finely chop parsley (including tender stems). Add to bowl as you go. Toss to combine with dressing.



### 3. COOK THE PAPPADUMS

Cook the pappadums according to preferred method on the packet (see notes).



### 6. FINISH AND SERVE

Spoon garlic coconut yoghurt onto the base of plates. Gently break pappadums and add to plate along with roasted vegetables and fresh topping. Garnish with pickled onion, currants, pine nuts and lemon wedges.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

