



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

 4 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: **PROTEIN** 21g **TOTAL FAT** 29g **CARBOHYDRATES** 120g

FROM YOUR BOX

CHICKPEAS	2 x 400g
SWEET POTATOES	800g
RED ONION	1
PAPPADUMS	1 packet
GARLIC CLOVES	2
LEMON	1
COCONUT YOGHURT	200ml
ZUCCHINIS	2
PARSLEY	1 packet
CURRANT + PINE NUT MIX	80g

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**, **3 tsp smoked paprika**, **salt and pepper**. Roast for 30–40 minutes until potatoes are tender and chickpeas are crispy.



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.



3. COOK THE PAPPADUMS

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



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.



5. MAKE THE TOPPING

Add reserved garlic, juice from 1/2 lemon (wedge remaining), **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.



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**

