

# Damascene chickpea fatteh/ Fattah Shamiyeh bil badweh



**Servings:** 5

**Preparation Time:** 15 minutes

**Start to finish:** 20 minutes

*Per Serving: 632 Calories; 12g Fat (17.0% calories from fat); 43g Protein; 90g Carbohydrate; 10g Dietary Fibre; 16mg Cholesterol; 1073mg Sodium.*

## Tips

- Preferably use stale bread as it absorbs more liquid and sauce.
- Some people like to add some lemon juice in the yogurt sauce, but I prefer it without.
- This is one of the classic techniques for preparing fattah, try to experiment with different ingredients using your imagination following the same technique.
- You can use vegetable oil instead of ghee, and for a lower calorie alternative omit both the ghee and the oil.
- Eat with plenty of pickles and onions.

## Ingredients

- 2 large pita bread
- 3 tins cooked organic chickpeas
- 3 cloves garlic
- 5 cups yogurt cheese
- 3/4 cup [hummus](#)
- 1 tablespoon tahini
- Salt to taste
- Vegetable ghee
- Pine nuts

## Preparation

1. Cut the pita bread into 2 cm cubes and place them in the serving bowl.
2. Place the chickpeas and their brine in a pot on medium heat, adding a bit more water to cover them. Bring to the boil cover and turn off the heat.
3. Mix the yogurt, hummus, tahini and salt together then whisk over a Bain- marie in order to take the chill of the yogurt, adjust the salt.
4. Crush the garlic and mix with the bread adding a bit of salt then pour enough of the hot chickpea brine to soak the bread then add half the chickpeas and 1/3 of the yogurt mix and toss together.
5. Add the remainder of the chickpeas and more of the brine if the bread is too dry then top with the remainder of yogurt mix and sprinkle with chopped parsley.
6. Heat enough ghee to your liking and fry the pine nuts, as soon as they start to turn golden brown pour the contents over the fattah piping hot.
7. Decorated with pomegranate seeds and serve immediately.