In this mouthwatering recipe from chefs Sami Tamimi and Yotam Ottolenghi, the succulence of dates beautifully complements the crunchy almond and pitta mixture.

**PREPARATION METHOD**

1. Put the vinegar, onion and dates in a small bowl. Add a pinch of salt and mix well with your hands. Leave to marinate for 20 minutes, then drain out any residual vinegar and discard.

2. Meanwhile, heat the butter and half the olive oil in a medium frying pan. Add the pitta and almonds and cook them on a medium heat for 4-6 minutes, stirring occasionally, until the pitta is crunchy and golden brown.

3. Remove from the heat and mix in the sumac, chilli and ¼ teaspoon of salt. Set aside to cool.

4. When you are ready to serve, toss the spinach leaves with the pita mix in a large mixing bowl. Add the dates and red onion, remaining olive oil, lemon juice and another pinch of salt.

5. Taste for seasoning and serve immediately.
PALESTINIAN RECIPES

Zaytoun’s Dates and Almonds

From the delicate pink blossoms in the spring, through the rich velvety green of the young nuts, to the ripe golden harvest in July – Palestine’s almond trees lend colour and beauty to the terraced hillsides. These Om al – Fahem almonds are named after the town where farmer Hassan Asa’ad first planted this particular type of almond tree with its sweet flavoursome nut.

Almonds have long been grown in Palestine, and harvesting them is a family affair. We celebrate the sun-drenched beauty and taste of Palestine captured in our Fairtrade almonds, knowing that the families that tend their trees through the year are guaranteed a fair price for their work, and an opportunity to sell their harvest.

Zaytoun’s dates are the sweet and succulent Medjoul variety, grown in the sunshine of the Jericho valley. Medjoul dates are known as the “king of dates” because of their large size, superior taste and nutritional benefits. Rich in iron and potassium, and easily digested, Medjoul Dates are popular with athletes and there is evidence that they are of great benefit to pregnant women and nursing babies.

Involving a complex and labour intensive farming process, Dates are amongst the world’s oldest cultivated fruits and have been indigenous to Palestine for millennia.

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