



GREEK SALAD



INGREDIENTS

- 2 large ripe tomatoes, diced
- 1 large cucumber, diced
- 1 spring onion, sliced
- Salt and pepper
- 2 tablespoons olive oil
- 100g feta cheese, crumbled
- Small handful Kalamata olives, pitted, chopped

EQUIPMENT

- Mixing bowl
- Chopping board
- Knives

FROM THE GARDEN

- Tomatoes
- Cucumber
- Spring onions

INSTRUCTIONS

1. In a mixing bowl, combine tomatoes, cucumber and spring onion.
2. Sprinkle with salt to taste and let sit for a few minutes so that the salt can draw out the natural juices from the tomato and cucumber.
3. Drizzle with olive oil. Season with salt and pepper.
4. Sprinkle feta cheese and olives over the salad.
5. Toss to mix and serve.

Letting the salted tomatoes and cucumbers sit for awhile before adding any oil is essential to a good Greek salad. The natural acidic juices from the tomato combine with the olive oil to make a delicious dressing, with no need for vinegar or lemon juice.



<http://allrecipes.com.au>