

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

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.

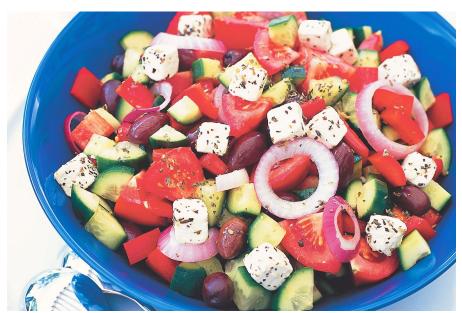
EQUIPMENT

- Mixing bowl
- Chopping board
- Knives

FROM THE GARDEN

- Tomatoes
- Cucumber
- Spring onions

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

