



Greek Salad

SERVES: 6

INGREDIENTS:

- 12 small tomatoes or 6 large, cut into chunks or wedges
- 2 green capsicums, de-seeded and chopped
- 2 cucumbers, peeled and halved lengthways
- 4 spring onions or 1 small red onion
- 24 Kalamata olives
- 3 tbsp extra-virgin olive oil
- 3 tsp red wine vinegar
- Salt, to taste
- Freshly ground black pepper, to taste
- 100g feta



METHOD:

1. Prepare all of the ingredients based on the instructions in the ingredients list
2. Place the tomatoes and capsicum in the large bowl
3. Scoop out and discard most of the seeds from the cucumbers with the teaspoon
4. Chop the cucumber into 2cm cubes and add it to the large bowl
5. If using spring onions, remove the outside layer and the roots then trim the tops. Cut into 1cm pieces. If using red onion, cut it in half and peel it, then slice it as finely as you can. Add the onion to the large bowl.
6. If the olives have pips, remove them by squashing the olives. You can do this by squeezing each olive between your thumb and the middle joint of your forefinger, or by carefully pressing the flat side of the cook's knife onto each olive. Add the olives to the large bowl.
7. Whisk the oil and vinegar lightly with the fork in the small bowl. Pour the dressing over the salad and mix well.
8. Taste and season with salt and pepper (try to under-salt it as the feta will be salty). Crumble the feta over the salad, then serve.