

Greek salad

Makes 4 servings



Ingredients (allergens in bold)

- 2 handfuls mixed salad leaves
- 1 small red onion – peeled and thinly sliced
- 4 spring onions – sliced
- 8 medium tomatoes – quartered
- ½ cucumber – cut into batons
- 200g reduced fat **Feta cheese** – diced
- 50g Kalamata olives – pitted and sliced

For the dressing:

- 50ml olive oil
- 25ml balsamic vinegar

Method

1. Arrange the salad leaves in the serving dish.
2. Add the prepared onions, tomatoes and cucumber.
3. Sprinkle over the Feta cheese and olives.
4. Make the dressing by whisking together the olive oil and balsamic vinegar. Drizzle it over the salad vegetables. Serve immediately.



Equipment

- serving dish
- sharp knife
- chopping board
- mixing bowl
- small bowl
- fork

Recipe notes and tips

- Feta cheese and olives are naturally salty ingredients so no need to add extra salt.
- This salad is best made in the summer when local tomatoes have the most flavour.
- Enjoy this salad for a school picnic.