

Shirazi Salad

Serves 4-6



Ingredients (allergens in bold)

- 1 cucumber
- 6 ripe tomatoes
- 1 red onion
- 1 tbsp olive oil
- 1 lemon, cut in half and juiced
- pinch sea salt
- freshly ground black pepper
- 2 tsp sumac
- 200g pomegranate seeds
- chopped flat leaf parsley to serve

Method

1. Wash and dry the cucumber and tomatoes.
2. Finely chop the cucumber, tomatoes and red onion – no bigger than 5mm cubed. Place them all in a bowl.
3. Drizzle in the olive oil and lemon juice and mix well.
4. Season with salt, pepper and sumac.
5. Spoon the salad into a serving bowl, then scatter on the pomegranate seeds and chopped parsley. Chill the salad for 20 minutes before serving.



Equipment

- chopping board
- sharp knife
- mixing bowl
- teaspoon
- tablespoon
- lemon squeezer
- serving bowl

Recipe notes and tips

- Sumac has an unusual sharp & fizzy taste that goes brilliantly with tomatoes.
- This salad is hugely popular in Iran and its name comes from the city of Shiraz.
- It is a refreshing salad that goes well in mezzes and with grilled meat.