

Heirloom tomato and cucumber salad

With fresh basil.



Ingredients

- 300g (approx.) mixed colour heirloom tomatoes
- 1 large or 2 small cucumbers
- 4 sprigs fresh basil
- ¼ tsp salt
- Freshly cracked black pepper
- 1 tbsp olive oil
- 1 tbsp white wine vinegar

Equipment Needed

- Clean, dry tea towel
- Chopping board and non-slip mat
- Knife
- Vegetable peeler
- Measuring spoons and scales
- Medium mixing bowl
- Small mixing bowl (for dressing)
- 4 medium serving bowls

Notes:

Optional: some finely sliced spring onion or red onion is nice to add. Crumbled feta also makes a nice addition.

Substitute cherry tomatoes if you can't get different coloured heirloom tomatoes.

Method

- Wash the tomatoes, cucumbers and basil, and pat dry with clean tea towel.
- Peel a few strips of cucumber skin lengthways, so it ends up looking stripy on the outside.
- Cut the cucumber in half lengthways and use a teaspoon to scoop out any large seeds (you won't need to do this with smaller cucumbers).
- Chop the cucumber into 0.5cm slices and place in mixing bowl.
- Cut each tomato into quarters and add to mixing bowl.
- Sprinkle tomatoes and cucumbers with ¼ tsp salt and mix with a spoon. Allow to stand for 10-15mins.
- Meanwhile, remove the basil leaves and discard the tough stalks. Finely slice the basil leaves.
- Whisk the olive oil, vinegar, and a few grinds of black pepper in a small bowl.
- Pour salad dressing into mixing bowl with tomatoes and cucumbers. Add basil and mix gently with a spoon.
- Divide salad into 4 serving bowls. Garnish with a basil leaf (optional).

Don't forget to clean up! 😊

Recipe credit: Surfside PS

Photo credit: swirlsofflavour.com