

**Greek salad**

**Difficulty: Easy**

**Type**: Entre or main, Lunch/Dinner

**Allergy advice: Lactose**

**Serves:** 30 tastes

**From the garden:** Tomatoes,capsicums, cucumbers, cos lettuce, spring onions

**Cuisine: Greek**

**Season:** Summer/Autumn **Source:** Adapted from SAKGF

|  |  |
| --- | --- |
| **Equipment*** **Measuring spoons**
* **Kitchen scales**
* **Chopping boards and mats**
* **Cooks knives**
* **Vegetable peeler**
* **Mixing bowls, 1 small 1 large**
* **Fork**
* **Wooden spoon**
* **Serving bowls**
* **Salad servers**
 | **Ingredients*** **1 cos lettuce**
* **6 medium sized tomatoes, cut into wedges**
* **1 continental cucumber, peeled and halved lengthways**
* **1 green capsicum, de-seeded and chopped**
* **1 small red onion**
* **24 pitted Kalamata olives, sliced lengthways in half**
* **3 Tbsp. extra-virgin olive oil**
* **3 Tsp red wine vinegar**
* **Salt and pepper to taste**
* **100 grams feta cheese**
 |

**What to do:**

1. Prepare all of the ingredients as per the ingredients list.
2. Separate the leaves of the cos lettuce and wash thoroughly. Now simply tear the leaves into large pieces and place into the large mixing bowl. Now add the sliced tomatoes and chopped capsicum.
3. Remove the seeds from the cucumber by scraping them out with a teaspoon. Chop the cucumber into 2cm cubes and add it to the bowl.
4. Cut the onion in half, peel off the outer layers, slice finely and add it to the salad.
5. Now add the olives and gently toss the ingredients.
6. Whisk the oil and vinegar lightly with a fork in the small bowl. Pour the dressing over the salad and mix well.
7. Taste and season with salt and pepper, (not too much salt as the feta cheese will be salty). Crumble the feta over the salad, then serve.