

## Greek Salad

| Equipment:  | Ingredients:   |
|---|--|
| Chopping board<br>Knives – small and large<br>Peeler<br>Measuring jug<br>Scales<br>Measuring spoon (tsp.)<br>Teaspoon<br>Large bowl, small bowl | 3 continental cucumbers<br>9 tomatoes<br>1 red onion<br>1 red capsicum<br>200g Kalamata olives<br>200g marinated fetta cheese<br>1 tsp dried oregano (or 1 tbsp. fresh)<br>1 tsp salt<br>125ml olive oil<br>60ml vinegar |

### What to do:

- Set out the chopping board, knives and peeler. Peel the cucumber and halve lengthways. Using the teaspoon, scoop out most of the seeds from the centre.
- Cut the remaining cucumber into 2cm dice and place in the large bowl.
- Cut the tomatoes into chunks or wedges and add to the bowl.
- Halve and peel the red onion, then place each half flat side down on the chopping board. Cut crossways as finely as you can, and add the onion slices to the cucumber bowl.
- Cut the capsicum in half and remove the seeds and inner membrane. Cut the capsicum into 1cm dice and add to the bowl.
- Place all scraps in the compost bucket.
- If the olives have pips in them, squash them flat with the blade of your knife. The pip can then be removed easily. Add the olives to the salad.
- In the small bowl, combine the oil and vinegar to make the dressing. Whisk lightly with a fork, then pour over the salad and mix all the ingredients very well with the spoon.
- Taste for salt and pepper (remember the cheese and olives are both quite salty).
- Weigh the fetta, crumble it over the top of the salad, then serve.

### ALLERGY NOTE

*Remember to set the required number of portions aside before adding the fetta cheese.*