

Greek Salad

Equipment:

Chopping board
Knives – small and large
Peeler
Measuring jug
Scales
Measuring spoon (tsp.)
Teaspoon
Large bowl, small bowl

Ingredients:

3 continental cucumbers
6 tomatoes
1 red onion
1 red capsicum
200g Kalamata olives
200g marinated fetta cheese
1 tsp dried oregano (or 1 tbsp. fresh)
1 tsp salt
125ml olive oil
60ml vinegar

What to do:

1. 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. You may leave the seeds if you like to eat the seeds.
2. Cut the remaining cucumber into 2cm pieces and place in the large bowl.
3. Cut the tomatoes into chunks and add to the bowl.
4. Halve and peel the red onion, then place each half flat side down on the chopping board. Cut crossways as finely as you can. Add the onion slices to the cucumber bowl.
5. Cut the capsicum in half and remove the seeds and inner membrane. Cut the capsicum into 1cm pieces and add to the bowl.
6. Place all scraps in the compost bucket.
7. 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.
8. 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.
9. Taste for salt and pepper (remember the cheese and olives are both quite salty).
10. Weigh the fetta, crumble it over the top of the salad, then serve.