



GREEK SALAD



INGREDIENTS

- 1 small red onion – peeled and thinly sliced
- 4 spring onions – sliced
- 4 medium tomatoes – quartered
- ½ cucumber – cut into batons
- 2 handfuls mixed salad leaves
- 100g reduced fat Feta **cheese** – diced
- 50g black olives – pitted and sliced

For the dressing:

- 50ml olive oil
- 25ml balsamic **vinegar**
- ½ teaspoon mixed herbs

EQUIPMENT

sharp knife, chopping board,
serving dish, measuring jug, fork

SERVES: 4

PREP TIME: 20 minutes

ALLERGENS: milk, sulphates

COOK TIME: — minutes

METHOD

- 1 Prepare the vegetables and set aside.
- 2 Arrange the salad leaves in the serving dish. Add the onions, tomatoes and cucumber and sprinkle over the Feta and olives.
- 3 In a measuring jug (or jam jar) whisk together olive oil and balsamic vinegar. Then drizzle it over the salad and serve immediately.



SALAD GROEGAIDD



CYNHWYSION

1 nionyn coch bach – wedi'i blicio a'i sleisio'n denau

4 sbiolsyn – wedi'u sleisio

4 tomato canolig – wedi'u chwarteru

½ ciwcymbr – wedi'i dorri'n ffyn

2 llond llaw o ddail salad cymysg

100g caws Feta braster is – wedi'i dorri'n ddarnau bach

50g olifau Kalamata neu olifau du – wedi tynnu'r cerrig
a'u sleisio

Ar gyfer y dresin:

50ml olew olewydd

25ml finegr balsamig

½ llond llwy de o berlyisiau cymysg

OFFER

cyllell finiog, bwrdd torri,
dysgl weini, jwg mesur, fforc

GWNEUD: 4

AMSER PARATOI: 15 munud

ALLERGEDD: Ilaeth, sylffadau

AMSER COGINIO: 10-15 munud

DULL

- 1 Paratowch y llysiau.
- 2 Trefnwch y dail salad yn y ddysgl weini. Ychwanegwch y nionod, y tomatos a'r ciwcymbr ac yna ysgeintiwch y caws Feta a'r olifau drostynt.
- 3 Mewn jwg mesur (neu bot jam) cymysgwch yr olew olewydd a'r finegr balsamig gyda'i gilydd ac ysgeintiwch y dresin dros y salad. Gweinwch ar unwaith.