

# Greek Salad

## INGREDIENTS (serves 4)

- 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 Kalamata olives – pitted and sliced

### *For the dressing:*

- 50ml olive oil
- 25ml balsamic **vinegar**



## EQUIPMENT

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

## 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.

## ALLERGY AWARENESS!

This recipe contains: milk, sulphates (in vinegar)

