

Greek Salad

(serves 6 to 8)



Ingredients:

1 punnet cherry tomatoes
½ Continental cucumber (20cm)
1 small Spanish onion (red)
20 olives (black or green)
1 Cos Lettuce
250g Feta Cheese (cubes)

Dressing:

125 mls olive oil
½ tsp crushed Garlic
1 Tbs Tomato paste
60 mls Lemon Juice
30 mls white vinegar
2 teaspoons Dijon Mustard
6 fresh Basil leaves
8 fresh Mint leaves

Method

Clean and wash Cos lettuce and place in a colander to drain. Wash and cut the cherry tomatoes in half and put aside. Clean and wash the Spanish onion. From the top of the onion to the bottom, cut thin slices and break them up and put into a bowl and put to the side. Clean and wash the lettuce, Separate 4 – 6 leaves and place around a large salad bowl for decoration, making sure that there is sufficient lettuce sticking out from the rim of the bowl. With the remainder of the lettuce, chop into 2 cm widths as you go from the top to the bottom of the lettuce. Place in the centre of the bowl. Arrange the cherry tomatoes, cucumber, olives, feta cheese and the onion rings on top of the lettuce to make colourful. Wrap and place in the fridge till you need to serve.

Dressing:

Place oil, Basil leaves and Mint Leaves into a blender and mix till the herbs are fine. Add the rest of the ingredients till all mixed in and season to taste. Serve in a jug and apply when ready to eat the salad.