

Greek Salad

Another of the world's great salads. Greek salad does not traditionally have any leaves but, I confess, I do like to add some. This is entirely a matter of personal choice, depending upon whether you want more bulk or more traditional.

Planning

serves:	4
prep time:	30 mins
cooking time:	n/a

Ingredients

6 large tomatoes
1 cucumber
2 green peppers
1 red onion
salad leaves (optional)
fetta cheese
24 black olives
a handful fresh oregano
leaves
4 tbs olive oil
1 tbs red wine vinegar
salt & pepper

Method

Quarter each tomato, then halve each quarter. I like to peel the cucumber but that's up to you. Then quarter the cucumber lengthwise and cut it into 1½cm chunks (ish). Core, deseed and halve the pepper, then slice it finely. Peel, halve and finely slice the red onion. Cut the fetta cheese into chunks of about 1cm. If you're using them, tear the salad leaves into manageable pieces. In a salad bowl, combine all the above and add the black olives and oregano leaves.

In a salad shaker, mix the oil and vinegar with a pinch of salt and few grindings of black pepper. Dress the salad and mix all together immediately prior to serving.