

CRUNCH TIME

Salads Of The Mediterranean



Serve Information: 2 Salads

INGREDIENTS - GREEK SALAD (GREECE):

3 Tomatoes
1 Lebanese cucumber
1/2 Red capsicum, deseeded
1/2 Red onion, sliced
100g Kalamata olives, pitted
100g Feta cheese
1/2 Tsp dried oregano
1/2 Tsp salt
2 Tbsp olive oil
1 Tbsp white wine vinegar

INGREDIENTS - CAPRESE SALAD (ITALY):

2 Tomatoes
1 Fresh mozzarella ball
1/2 Bunch basil leaves
2 Tbsp olive oil
Salt
Pepper

EQUIPMENT:

Chopping board
Sharp knife
Serving plate for Caprese Salad
Salad bowl for Greek Salad
Mixing bowl
Whisk
Tongs



METHOD:

GREEK SALAD

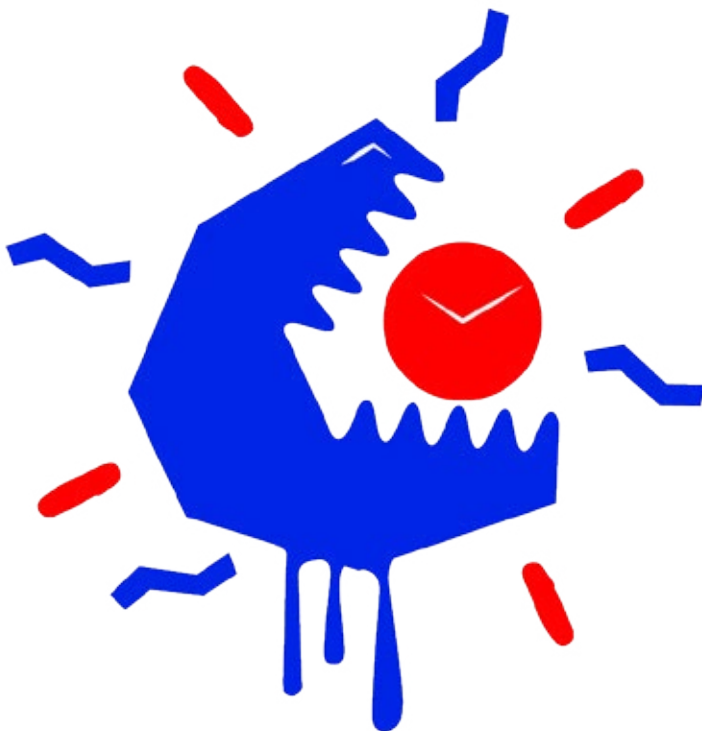
1. Coarsely chop the tomatoes, cucumbers and capsicum
2. Combine tomato, cucumber, capsicum, onion and olives in a salad bowl
3. Crumble in the feta cheese
4. Whisk together the oil, vinegar, oregano and salt and drizzle over the dressing. Toss to combine

CAPRESE SALAD

1. Slice the tomatoes and mozzarella ball
2. Overlap the tomato and cheese slices on a serving plate
3. Scatter over the basil leaves, drizzle over the olive oil and season with salt and pepper

ADDITIONAL NOTES:

Slice red onion



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