

Cool Cucumber Salad



Serves

6



TIP

Add the dressing just before serving to keep the salad crunchy and fresh!



Ingredients

1/2 iceberg lettuce
1 cucumber
1 red capsicum
1/4 red onion
1 punnet cherry tomatoes
1/3 cup sliced black olives

200g reduced fat feta cheese

Dressing:

2 tablespoons olive oil
1 tablespoon balsamic vinegar
1/2 teaspoon dried oregano

Equipment

Knife
Chopping board
Large bowl
Large spoon
Small bowl
Measuring cups
Measuring spoons
Fork



How to make it



1. Chop lettuce, cucumber and capsicum into small pieces. Finely slice red onion. Slice cherry tomatoes in half.



2. In a large bowl mix together lettuce, cucumber, capsicum, onion and tomatoes. Add olives and stir well.



3. In a small bowl combine 2 tablespoons of olive oil, 1 tablespoon of vinegar and $\frac{1}{2}$ teaspoon of oregano. Stir with a fork until well combined.



4. Pour dressing over the salad and mix well.



5. Chop feta into bite-sized chunks and spread over the top of the salad.



nom!