

# **TRADITIONAL GREEK HORIATIKI SALAD**

## **INGREDIENTS**

- 3 salad tomatoes or 15 baby tomatoes
- 1 medium sized red onion
- 1 cucumber
- 1 green pepper, diced
- 16-20 black olives (you could also add or substitute these for 'Kalamata' olives and green olives)
- 200g block feta cheese, chopped into small cubes
- 1/4 of a cup of extra virgin olive oil
- 1 tbsp red wine vinegar (optional)
- 1 teaspoon of dried oregano
- A sprinkle of sea salt



## **RECIPE**

- Step one is to prepare all of the fresh vegetables - pop them into a large mixing bowl as you do so...
- Cut the tomatoes into wedges (or halves if you are using baby tomatoes)
- Chop the red onion in half and slice it finely
- Quarter the cucumber lengthways and cut or scrape the watery core out, then slice the lengths into thick half-moon shapes
- Quarter and dice your green pepper
- Throw your olives into the bowl whole
- Now chop your feta cheese into small cubes or cuboid shapes or crumble it up into small pieces
- Drizzle the olive oil over the vegetables in the bowl, and the red wine vinegar if you have opted for this
- Give the mixture in the bowl a good stir, then sprinkle with the dried oregano and a sprinkle of sea salt
- Now your traditional horiatiki salad is ready to gobble up! Yum, yum, yum!