Greek salad

Rich in antioxidants and healthy fats, this Mediterranean-inspired salad is a fresh, nourishing dish that supports heart health and balanced eating.

Makes: 2 - 3 portions. Allergen: MILK (feta cheese)

Ingredients

- 2 large tomatoes, roughly chopped
- ½ cucumber, cut into 2cm cubes
- ¼ a red onion, thinly sliced
- 8 black Kalamata olives
- 40g feta cheese, cut into chunks

For the dressing:

- 2 tbsp olive oil
- ½ tsp dried oregano
- ¼ of a lemon, juiced

Top tip

- Serve with warm pitta bread for a hearty option, or spoon into crisp gem lettuce leaves for a lighter bite.

Method

1. Prepare the vegetables – put the tomatoes, cucumber and the red onion into a medium size bowl.
2. Cut the olives in half and add to the bowl.
3. Break or cut the feta cheese into bite size chunks and gently add to the bowl.

Make the dressing:

1. In a small cup/bowl use a spoon to mix together the lemon juice with the dried oregano.
2. Continue mixing as you slowly pour in the olive oil to make a smooth dressing.
3. Pour the dressing over the salad and toss together gently.