



# Greek Salad

**Season:** Summer

**Type:** Salads

**Difficulty:** Easy

**Serves:** 30 tastes in the classroom  
or 6 at home

**Fresh from the garden:** cucumbers, green peppers, spring onions, tomatoes

**Recipe Source:** Recipe adapted from Stephanie Alexander's *Kitchen Garden Cooking with Kids* (Penguin, 2006)

Ingredients vary a little depending on availability, but a Greek salad should always be a celebration of ripe tomatoes and will always be a colourful dish. Usually it is topped with feta, as this recipe shows.

## Equipment:

tea towel  
chopping board  
knives – 1 small, 1 large  
peeler  
teaspoon  
bowls – 1 small, 1 large  
metric measuring spoons and scales  
fork  
wooden spoon

## Ingredients:

2 cucumbers  
12 tomatoes or 6 large  
4 spring onions or 1 small red onion  
2 green peppers  
24 kalamata olives  
3 tablespoons extra virgin olive oil  
3 teaspoons red wine vinegar  
salt  
freshly ground black pepper  
100 g feta



## What to do:

- Peel the cucumber and halve lengthways. Using the teaspoon, scoop out most of the seeds from the centre of the cucumber. Cut the cucumber into 2 cm dice and transfer to the large bowl.
- Cut the tomatoes into chunks or wedges and add to the bowl. If using spring onions, trim the outside layer and cut off the tops and ends, then cut the spring onions into 1 cm pieces. If using red onion, halve and peel, then place the flat side down on the board and cut crossways as finely as you can. Add the onion to the cucumber bowl. Cut the green pepper into 1 cm dice and add to the bowl. Place all the scraps in the compost bucket.
- Press the flat side of the large knife onto each olive to squash it – the pip can now be removed easily. Add the olives to the salad.
- In the small bowl, combine the oil and vinegar to make the dressing. Whisk lightly with a fork, then pour over the salad and mix all the ingredients well with the spoon. Taste for salt and pepper (remember the cheese is quite salty). Weigh the feta, crumble it over the salad, then serve.

