

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- ½ small red onion, thinly sliced
- 2 large ripe tomatoes, chopped
- ½ cucumber, deseeded and chopped
- 100g feta cheese, drained and cut into cubes
- 50g black olives, pitted and drained (preferably Kalamata olives)
- small handful fresh mint leaves
- ½ tsp dried oregano
- 2 tsp extra virgin olive oil
- 1 lemon, juiced
- sea salt and freshly ground black pepper

Equipment

- Medium size mixing bowl
- Fork
- Paring Knife
- Tablespoon, teaspoon
- Brown chopping board/
- Green chopping board
- White chopping board
- Colander
- Scrap bowl



Greek Salad



Ingredients

- ½ small red onion, thinly sliced
- 2 large ripe tomatoes, chopped
- ½ cucumber, deseeded and chopped
- 100g feta cheese, drained and cut into cubes
- 50g black olives, pitted and drained (preferably Kalamata olives)
- small handful fresh mint leaves
- ½ tsp dried oregano
- 2 tsp extra virgin olive oil
- 1 lemon, juiced
- sea salt and freshly ground black pepper

Method

1. Wash tomatoes and cucumber
2. Peel and thinly slice onion using bridge and claw
3. Slice cucumber into quarters using bridge and then into small pieces using claw method.
4. Slice tomatoes in half and quarters using bridge then into small pieces using claw method.
5. Put the onion, tomatoes and cucumber in a medium mixing bowl and season to taste. Mix with a spoon.
6. Cut Feta into bite size cubes.
7. Scatter the feta, olives and mint leaves on top.
8. Sprinkle over the oregano and toss lightly.
9. Drizzle over the oil and lemon juice.
10. Plate up to serve.