

Greek Salad

A deliciously healthy salad straight from the Mediterranean.

Cooking Aims:

To know how to safely cut fruit and vegetables (hard and soft).

To mix ingredients to prepare a dressing.

Ingredients:

4 medium tomatoes
1 cucumber
1 red onion
50g black olives
50g feta cheese
Mixed peppers

For the dressing

1 clove garlic
150ml olive oil
2 tbsp red wine vinegar
1 tbsp lemon juice
2 tsp dried oregano
Pepper



What we need to do:

- Chunk the tomatoes and cucumber.
- Finely chop the red onion (Leave this to an adult).
- Quarter and slice the peppers. You may want to use 2 halves of different colours.
- For the dressing, crush the garlic and mix with the other ingredients.
- Arrange the salad, crumbling the feta and placing the black olives as you wish.
- Pour over the dressing to finish.

CHALLENGE

Have a go at home and get an adult at home to send your final photos to us here at Classroom Kitchen! We'd love to showcase the healthy eating happening across the UK! You can find us on Facebook at www.facebook.com/classroomkitchen or on Twitter (@ClassroomK). Use the hashtag: #CKCookAtHome