



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

GREEK SALAD

Time: 10 minutes

Serves: 4

Ingredients:

1 English cucumber - diced
1 red bell pepper - seeded and roughly chopped
1 green bell pepper - seeded and roughly chopped
4 roma tomatoes - seeded and diced
1/2 red onion - peeled and diced
150g kalamata olives
100 grams feta cheese - crumbled
20g fresh lemon juice
2g kosher salt
0.5g fresh ground black pepper
0.5g dried oregano
0.5g dried basil
30g extra-virgin olive oil

Preparation:

Place cucumber, bell peppers, tomatoes, onion, olives and feta in a large bowl.

In a small bowl, combine the lemon juice, salt, pepper, oregano and basil. Slowly drizzle in the olive oil while whisking.

Pour the dressing over the salad, toss and serve.

Nutritional Information Per Serving:

Calories: 199
Fat: 15g
Carbs: 14g
Fibre: 4g
Protein: 6g