

# Easy Greek Salad, Pitta Breads and Tzatziki

**A traditional Greek Salad is alive with flavour.** There are all sorts of exciting accompaniments to serve with this salad that make it an interesting addition to a family meal or a colourful and healthy option for lunch.



Milk and wheat (gluten)\*

Nutritional information per portion (381g):

Energy 1525kJ 363kcal 18%	Fat 11g 16%	Saturates 3.7g 19%	Sugars 12g 13%	Salt 1.6g 26%
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of an adult's reference intake.  
Typical values per 100g: energy 400kJ/95kcal.

## Equipment

Weighing scales  
Colander  
Chopping board  
Sharp knife  
Large salad bowl  
Spoon  
Juice squeezer  
Measuring spoons  
Small bowl x 2  
Garlic press

## Ingredients

**Serves 6 as a side dish or snack**

### Greek Salad

6 ripe salad tomatoes  
 $\frac{2}{3}$  of a cucumber  
1 large red onion  
50g pitted black olives  
200g reduced-fat Greek feta cheese  
1 lemon (juice only)  
2 x 15ml spoons olive oil  
Black pepper (optional)  
Small bunch of fresh parsley (optional)

### Pitta Breads

6 pitta breads sliced into strips

### Tzatziki dip

200g plain low-fat Greek yoghurt  
 $\frac{1}{3}$  of a cucumber  
2 cloves of garlic  
1 x 5ml spoon lemon juice (take this from the juice for the Greek salad)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tip

- The great thing about Greek Salad is that you can decide how large you slice the ingredients and how many extra ingredients you add. Some Greek Salads are served with large chunks of tomato, cucumber and onion, some are very finely sliced. It's up to you!

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## Method

### Greek Salad

1. Wash the tomatoes and cucumber.
2. Carefully slice the tomatoes in quarters and put them into the salad bowl.
3. Slice each end off the cucumber and save  $\frac{1}{3}$  for the dip. Slice the remaining cucumber into 2cm slices, and then cut each chunk in half to make 2 half moon shapes. Add the cucumber to the salad bowl.
4. Peel and trim the onion. Cut the onion in half and slice each half finely, separating any slices that stick together. Add the onion to the salad bowl.
5. Finely chop the olives and add to the other ingredients and mix well.
6. Turn your chopping board over. Lay the feta cheese onto the board. Carefully cut the cheese into dice sized cubes. You can use your fingers to crumble the feta if you prefer. Stir this gently into the rest of the ingredients.
7. Slice the lemon in half and squeeze the juice into a small bowl.
8. Make the dressing by mixing the lemon juice (save 1 x 5ml spoon for the Tzatziki) with the olive oil. Add black pepper to taste (if using) and mix together. Drizzle over the salad and stir.
9. Finely chop the fresh parsley (if using) and sprinkle on the top.

### Pitta Breads and Tzatziki

1. Cut each pitta bread into 5 slices.
2. Empty the Greek yoghurt into a small bowl.
3. Chop the cucumber into  $\frac{1}{2}$ cm slices and cut each slice into  $\frac{1}{2}$ cm cubes. Add this to the yoghurt and stir.
4. Carefully peel and crush the garlic. Stir this into the yoghurt.
5. Add the remaining lemon juice and stir.

## Something to try next time

- Try adding  $1\frac{1}{2}$ cm chunks of green pepper to your salad, or swapping the black olives with green or black grapes for a sweeter alternative.
- You could toast the pitta breads and serve with houmous for a tasty snack.

## Prepare now, eat later

- This delicious and colourful salad is best eaten as soon as it is prepared, but don't waste any leftovers. Chill and use within 1 day.

### Skills used include:

Washing, weighing, measuring, peeling, chopping, crushing, squeezing, mixing/combining and serving.

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