

# Year 4 Ancient Greece Day and Food Tasting, May 2017

- Ingredients (per 4)
- 1 ripe tomato (there may be a bit more to have!)
  - Half a cucumber
  - 1 pepper
  - 1 red onion
  - A few black olives
  - A few green olives
  - Some feta cheese
  - Juice of ¼ of a lemon
  - 2 x 10ml spoons olive oil
  - Small bunch of fresh parsley

- Instructions:
1. Wash the tomatoes and cucumber.
  2. Carefully slice the tomato in to quarters and put it into the salad bowl.
  3. Slice each end off the cucumber. Slice the 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.
  5. Cut the pepper across the top, scoop out the seeds. Slice the pepper into strips.
  6. Add the black olives and the green olives to the other ingredients and mix well.
  7. 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.
  8. Slice the lemon in half and squeeze the juice. Add black pepper to taste (if using) and mix together. Drizzle over the salad and stir.
  9. Make the dressing by mixing the lemon juice with the olive oil. Add black pepper to taste (if using) and mix together. Drizzle over the salad and stir.
  10. Finely chop the fresh parsley and sprinkle in the top.
  11. Put ¼ of the salad into your pitta bread. Serve with hummus and

