



GREEK SALAD

<i>Ingredients</i>	<i>Equipment</i>
1 Large Red Onion, peeled & finely sliced	Chopping Boards
2 Tablespoons Oregano	Knives
2 Tablespoon Red Wine Vinegar	Spoon Measures
50ml Olive Oil	Colander
Cracked Pepper	Juicer
4 Tomatoes	
2 Cucumbers	Large & Medium Mixing Bowls
1 Teaspoon Caster Sugar	Serving Bowl
1 Lettuce	
60 Grams Kalamata Olives	
80 Grams Feta Cheese crumbled/Omit	
Juice of 1 Lemon	
Few shakes Pepper	
Good pinch of Salt	

- Please see the [CPS website](#) for alternative ingredients used in the Kitchen Classroom. All spices used are Woolworths Brand with no traces of nuts.

<i>What to do</i>

1. Get out all required equipment
2. Weigh and measure ingredients
3. Peel and finely slice the red onion, place in the medium mixing bowl then sprinkle over the oregano and pepper. Add the vinegar and oil and toss well. Leave aside while you prepare the rest of the salad.
4. Slice the cucumbers
5. Chop the tomatoes in to cubes, place in the large mixing bowl along with the sugar and pinch of salt. Leave aside also.
6. Wash the lettuce in the colander under cold water. Tear the lettuce into smaller pieces and place in the mixing bowl.
7. Add the olives and crumbled feta to the lettuce and toss well with your hands.
8. Now add the tomatoes, cucumber, the red onion in its marinade dressing and the juice of 1 lemon. Toss gently.