



## MIDDLE EASTERN SALAD

<i>Ingredients</i>	<i>Equipment</i>
10 Spring Onions 1 Celery Stalk	Large & Small Mixing Bowls
1 Capsicum	Chopping Boards
4 Tomatoes	Knives
2 Cucumbers	Juicer
2 Cans Chick Peas	Spoon
200 grams Feta/omit	Whisk
Basil	Colander
Mint	
Parsley	
1 Lemon	
Drizzle of Olive Oil	
Salt & Pepper to taste	

<i>What to do</i>
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1. Get out all required equipment
2. Weigh and measure ingredients
3. Top and tail spring onions, slice finely.
4. Slice the celery.
5. Dice the capsicum
6. Dice the tomatoes
7. Cut the cucumber in half lengthways, remove the seeds, slice finely.
8. Cut the feta into cubes.
9. Finely chop the basil, parsley and mint.
10. Drain the chick peas under cold water.
11. Juice the lemon, pour into the small mixing bowl and drizzle with olive oil and salt and pepper to taste, whisk.

- 12. Mix all the ingredients in the large mixing bowl, gently toss through the lemon and oil dressing with your hands.**
- 13. Transfer to a serving bowl or dish.**