



### INGREDIENTS

- 1 Lebanese cucumber
- 3 spring onions
- 4 small red radishes, quartered
- 200g grape tomatoes, halved
- 1 tablespoon finely sliced mint leaves
- 1 tablespoon parsley leaves, torn
- ½ lemon
- Extra virgin olive oil, for drizzling
- Salt flakes and freshly ground black pepper, to taste

### Chopped Salad

Of course we all love to cook - but occasionally, there just isn't time. That's when I whip up a big bowl of this delicious salad which keeps well for days in the fridge. Found all over the Middle East, it makes an interesting alternative to a leafy green salad (which doesn't keep well once dressed). Use this recipe as a guide, add some black olives and Feta for a classic Greek salad, or toss in some anchovies, red capsicum, dill, oregano or any other herb you fancy. It's also great with grilled meats or just about anything. I pour a glass of delicious Sutton Grange viognier alongside and am very content!

**Serves 2 as a main course or 6 as a side dish**

### METHOD

1. Quarter the cucumber lengthways then cut into thick slices.
2. Thinly slice the spring onions and separate into rings.
3. Combine cucumber and onion with radish, tomato, mint and parsley.
4. Add a squeeze of lemon juice, drizzle of oil, salt and pepper and toss well.