



# Greek Salad

**Yields: 6 Servings | Prep time: 15 Minutes**

## Ingredients

- 800g Vine-ripened Tomatoes Cut into large, irregular wedges
- 2 medium (approx. 500g) Partially peeled (striped), sliced thick
- 1 medium (150g) Red Onion Very thinly sliced into half-moons
- 1 large Green Bell Pepper Sliced into rings or bite-sized strips
- 150g Kalamata Olives Whole (with pits for authenticity)
- 200g Feta Cheese One solid block (do not crumble!)
- 100ml Extra Virgin Olive Oil the best quality you can find
- 30ml Red Wine Vinegar Just a splash for acidity
- 1 tbsp Dried Oregano Crushed between your palms
- Sea Salt To taste



## Method

- The Base:** In a large, shallow bowl, combine your tomato wedges and cucumber slices. The tomatoes should be room temperature to ensure they release their juices.
- The Aromatics:** Add the thinly sliced red onions and green peppers. Toss gently with your hands or wooden spoons.
- The Seasoning:** Sprinkle the sea salt and the dried oregano over the vegetables. Drizzle with the red wine vinegar and about two-thirds of the olive oil. Give it a light toss so the juices begin to emulsify.
- The Crown:** Place the whole block of Feta cheese right on top of the salad. Do not break it up—in Greece, part of the joy is breaking off chunks with your fork as you eat.
- The Finish:** Scatter the olives around the cheese. Drizzle the remaining olive oil over the Feta and hit it with one last pinch of oregano.

## Nutrition Facts (Per Serving)

Based on 1/6th of the recipe above.

- Calories: 285 kcal
- Total Fat: 24g
- Carbohydrates: 11g
- Fiber: 3g
- Protein: 7g
- Sodium: 480mg (varies by Feta brand)



## A Pro-Tip for 6 People

- **The "Papi" Rule:** Never use lettuce. If there's leafy green in there, it's no longer a Horiatiki.
- **The Bread Factor:** This salad creates dakos or "the juice" at the bottom (a mix of tomato water and olive oil). You must have crusty bread on hand to soak this up.
- **The Feta:** Look for "P.D.O." Greek Feta made from sheep/goat milk. Avoid the "salad cubes" sold in plastic tubs; they lack the creamy, tangy punch required.