

# Israeli Salad

Fresh diced tomatoes and cucumber in a simple dressing.

This is an **Israeli**<sup>1</sup> dish.

## Ingredients

- 1  
15 ml Zaytoun **FAIRTRADE** olive oil
- to taste **FAIRTRADE** freshly ground  
black pepper
- 3 medium tomatoes
- half cucumber
- 1 yellow sweet pepper
- 1 bunch spring onions
- 1 medium carrot
- 6 lettuce leaves

Mix the oil and lemon juice and add salt and pepper to taste.

## Assembly

Put the prepared ingredients into a mixing bowl.

Pour the dressing over the mixed salad.

Arrange the lettuce leaves as a bed, and pile on the tomato / cucumber salad to make a hillock of salad.

## To serve

Serve chilled as a side dish, or with pitta bread, or crusty **bread**<sup>2</sup> and **hummus**<sup>3</sup>. A few **toasted seeds**<sup>4</sup>, Fair Trade olives, and a glass of Fairtrade wine will transport you to foodie heaven.

## Method

### Notes on the Ingredients

Use ingredients as fresh as possible. Tomatoes need to be high flavour. Cherry tomatoes are fine, use enough to balance the cucumber.

### Variations

Some recipes recommend adding a few radishes for extra bite.

A little crushed garlic adds flavour, aroma and sharpness.

## Preparation

Wash the ingredients.

Dice the tomatoes, cucumber and pepper into pea sized pieces.

Peel and grate the carrots.

Trim unwanted material off the onions and chop fine.

Juice the lemon.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/israel.htm>

<sup>2</sup>[http://www.fairtradecookbook.org.uk/recipes/brown\\_bread.htm](http://www.fairtradecookbook.org.uk/recipes/brown_bread.htm)

<sup>3</sup><http://www.fairtradecookbook.org.uk/recipes/hummus.htm>

<sup>4</sup>[http://www.fairtradecookbook.org.uk/recipes/toasted\\_seeds.htm](http://www.fairtradecookbook.org.uk/recipes/toasted_seeds.htm)