



Greek island salad with croutons & goats' cheese

INGREDIENTS:

- 250 gr cherry tomatoes
- 4 large barley rusks
- 1 sliced cucumber
- Capers and caper leaves
- 250 gr goat cheese
- Black olives
- 1 sliced red onion
- Extra virgin olive oil
- Dash of wine vinegar
- Salt/pepper
- Dry oregano



LEADER: THANOS MAMAS

COUNTRY: GREECE

“ Everyone wants to know how to make a crisp, fresh salad, the Greek way – and who can blame them. To make a truly authentic Greek Island salad is so beautifully simple. It’s the perfect combination of the salty bitter goats’ cheese, plump black olives, tangy red onions, cooling cucumber and a dash of white wine vinegar that has made this dish a hit for centuries across the Mediterranean. I have no doubt that with every bite, it will transport you back to those heady evenings in Greece. ”

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DIRECTIONS:

- 1** First, soak the barley rusks lightly in water and break them into bite sized pieces then add them into the salad bowl.
- 2** Wash and chop up your base ingredients including your onions, cherry tomatoes, cucumber, caper, caper leaves and olives, then add them into the large mixing bowl.
- 3** Next, drizzle your salad dressing on top, which includes pouring a healthy amount of extra olive virgin oil, a dash of vinegar, salt, pepper and oregano to bring out that rich flavour and taste. Give it a very light toss to combine the dressing and ingredients.
- 4** Add crumbling, bite-sized pieces of goats' cheese and croutons, the final ingredients that complete this scrumptious Greek Island Salad. Pour a small amount of olive oil and oregano on top and then serve!
- 5** Pair this meal with a crisp, zingy white wine or dry rosé. The complexity, great acidity and fruity taste of these wines will complement the diverse flavours and textures of your traditional Greek salad. It's the perfect dinner for summer.

