



Authentic Greek salad - Horiatiki

20'
Hands on

4
Portion(s)

1
Difficulty



Ingredients

- 6-8 tablespoon(s) olive oil
- 2 tablespoon(s) vinegar, of white wine
- 1 tablespoon(s) honey
- salt
- pepper
- 2 tablespoon(s) oregano, dry
- 350 g cherry tomatoes
- 1/3 onion, dry
- 1 green bell pepper
- 1/2 cucumber
- salt
- 1 tablespoon(s) capers
- 150 g feta cheese

To serve

- 5-6 [rusks](#)

Method

- In a [bowl](#), add 4-5 tablespoons of extra virgin olive oil, the vinegar, honey, salt, pepper and 1 tablespoon oregano. Gently stir with a spoon just to combine, you don't want to emulsify the dressing.
- [Chop the cherry tomatoes](#) in half and add to the bowl.
- Thinly [slice](#) the cucumber into half-moon shapes and thinly slice the onion. Add to the bowl.
- Cut the green pepper into thin strips and add to the bowl.
- Add the olives, capers, feta and 1 tablespoon oregano.
- To finish, drizzle with 2-3 tablespoons extra virgin olive oil, top with rusks and serve.

Διατροφικός πίνακας

Nutrition information per portion

366 Calories (kcal)	32.0 Total Fat (g)	8.4 Saturated Fat (g)	9.8 Total Carbs (g)
18%	46%	42%	4%
9.2 Sugars (g)	8.1 Protein (g)	2.7 Fibre (g)	2.3 Sodium (g)
10%	16%	11%	38%