



Cucumber and zucchini summer salad

20'

Hands on

15'

Cook Time

4-6

Portion(s)

1

Difficulty



Method

- Preheat oven to 180° C (350* F) Set to Fan.
- Heat a **pan** over medium heat. Add the pine nuts and toast for 2-4 minutes. Set aside.
- **Cut** the **bread** into 2 cm cubes and add them to a **bowl** with the olive oil, 1/3 of the salt, 1/3 of the pepper and the oregano. Mix.
- Spread mixture over a **baking pan** lined with parchment paper.
- Bake for 15 minutes until golden and crispy. Set aside.
- Thinly slice the zucchini and cucumbers with a peeler.
- Place them in a bowl with the lemon zest and juice, the rest of the salad, pepper and rocket.
- Mix and serve on the platter.
- Cut the feta cheese into 1 cm cubes and spread over the vegetables on the platter alongside the bread cubes (crouton) and the pine nuts.
- Decorate with mint leaves and serve with the **homemade vinaigrette sauce**.
- If you don't want to serve the salad right away, cut the zucchini and cucumbers into thin slices and transfer to a bowl and cover them with plenty of water and ice.

Ingredients

- 50 g pine nuts
- 3 slices of **toast bread**
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon pepper
- oregano, dry
- 2 zucchini
- 2 cucumbers
- zest and juice from 1 lemon
- 50 g rocket
- 100 g goat feta cheese
- ¼ bunch mint
- 400 g **homemade vinaigrette sauce**

Διατροφικός πίνακας

Nutrition information per portion

378 Calories (kcal)	32.0 Total Fat (g)	7.2 Saturated Fat (g)	12.0 Total Carbs (g)
19%	46%	36%	5%
4.4 Sugars (g)	9.0 Protein (g)	2.8 Fibre (g)	1.4 Sodium (g)
5%	18%	11%	23%