



## **Beautiful Summer Salad**

### ***Ingredients***

#### ***For the dressing:***

6 tablespoons of Kalamata Premium Organic Extra Virgin Olive Oil

1 tablespoon of red wine vinegar

Juice from half a lemon

1 tsp Crushed red pepper flakes or chilli flakes

1 tsp fresh or dried oregano

Freshly ground sea salt and black pepper



## **Beautiful Summer Salad**

### ***For the salad:***

Mild lettuce leaves such as lambs lettuce

Half a cucumber, thinly sliced

1 Avocado, thinly sliced

1 Yellow pepper, deseeded and chopped into bitesize  
Pieces

10 Cherry tomatoes, halved

40g Feta cheese



## **Beautiful Summer Salad**

### ***Method***

Mix all dressing ingredients in a small bowl, whisking until the oil, vinegar and lemon juice are combined to form a rich golden colour. Set aside.

Begin assembling the salad by laying the base of a serving bowl with a layer of lambs lettuce, adding the sliced cucumber around the edge of the bowl, overlapping if necessary.

Next, arrange the avocado slices in a similar way to the cucumbers, bringing them in from the edge of the bowl as in the photo.

Scatter the chopped yellow pepper over the salad, towards the centre.

Place the halved cherry tomatoes in the centre of the salad as pictured.

Crumble the feta cheese over the salad.

Finally drizzle the olive oil dressing generously over the salad.