GREEK SALAD

- 12 tomatoes
- 2 cucumbers
- 4 spring onions
- 2 green capsicums
- 100g kalamata olives
- ¼ cup extra virgin olive oil
- ¼ cup white balsamic vinegar
- 100g feta cheese
- salt
- pepper

1. Peel cucumber and half lengthways. Using a teaspoon, scoop out most of the seeds from the centre of the cucumber. Cut the cucumber into 2cm lengths.

2. Cut the tomatoes into thin wedges.

3. Trim outside layer and cut off the tops and ends, then cut spring onion into 5mm pieces.

4. Dice green capsicum into 1cm pieces. Add all ingredients into a bowl.

5. Place the flat side of a large knife onto each olive to squash it. The pip can now be removed easily.

6. In a small bowl, combine the oil and vinegar to make the dressing. Whisk lightly with a fork, then pour over salad and mix well.

7. Add salt and pepper to taste.

8. Crumble feta over the salad, then serve.

(add green beans also.)