

minted cucumber and tomato salad

Equipment:

knife, chopping board, salad spinner, measuring spoons, bowl, fork, teaspoon

Ingredients:

1 lebanese cucumber
10-15 little yellow or red tomatoes
10 mint leaves
10 chives
1 TBLSPN lemon juice
1 TBLSPN olive oil
freshly ground black pepper
murray river salt

method:

Wash all vegetables and herbs.

Using the fork, scrape lines down the length of the cucumber. Slice in ½ lengthwise, and using a teaspoon carefully scrape out the seeds. Compost the seeds. Cut into slices and put into a bowl.

Leave the tiny tomatoes whole, and put in with the cucumber.

Finely chop mint leaves and chives, and sprinkle over tomatoes and cucumbers.

Mix together the juice, olive oil, salt and pepper, then pour over salad. Stir well.

Chill in fridge before serving.