

minted cucumber and tomato salad

Equipment:

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

Ingredients:

3 lebanese cucumbers
20 to 30 little yellow & red tomatoes
10 mint leaves
10 chives
2 TBLSPNS lemon juice
2 TBLSPNS olive oil
freshly ground black pepper
murray river salt

method:

Put serving bowls in fridge to cool.

Wash all vegetables and herbs.

Using the fork, scrape lines down the length of the cucumbers. 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.