



CRETAN SALAD

Serves 2-4 people

There are a lot of good reasons to visit Crete! From the beautiful mountains and gorgeous coastline to the friendly people and amazing food! This slight twist on a traditional Cretan salad will give you all the flavours of Greece's largest island.

Ingredients:

- 1 small red onion, peeled and diced
- 1 small, firm, ripe cucumber, peeled and diced
- Half a green bell pepper, diced
- A large handful of ripe cherry/vine tomatoes
- 200g of mizithra/ feta cheese, crumbled
- A teaspoon of capers
- A tablespoon of black olives
- A glug of extra virgin olive oil
- 50g of Cretan rusk/wholegrain croutons
- A pinch of dried oregano
- 150ml extra virgin olive oil
- 2 tablespoons of white wine vinegar
- 1 tablespoon of honey

Preparation:

- Place your diced onion, cucumber and bell pepper into a large mixing bowl along with the tomatoes, capers and olives. Season well with salt and pepper and combine gently using your hands
- In a separate bowl combine the 150ml of extra virgin olive oil, white wine vinegar and honey. Mix until the honey has dissolved then pour over the salad, adding the oregano and glug of olive oil, using your hands to gently combine everything
- Once everything is evenly covered, crumble the cheese over the top with the rusk or croutons
- This salad is pretty much a meal in itself and the fabulous flavours will be a real delight for anyone you are nice enough to share it with. Drink with chilled white wine or retsina or for a truly Cretan experience see if you can find a bottle of raki, the local fire water, make it ice cold and knock back a shot before and after!

Καλη σας ορεχη!