



Greek Salad with Falafel & Avo

Plating: Large Sushi Bowl



Large Sushi Bowl

Contains Fish - Dairy

INGREDIENTS

- 4 Falafel
- 95g Cucumber
- 75g Tomato Chunks
- 35g Green Pepper Slices
- 30g Avocado Cubes
- 30g Feta
- 15g White Onion
- 30g (6) Olives
- 30ml OB Salad Dressing

GARNISH

- Sprinkle spring onion
- 1 lemon wedge

METHOD

- 1 Place the cucumber and tomato cubes in the bottom of the bowl.
- 2 Arrange the green pepper slices and avo cubes over the tomato chunks.
- 3 Arrange the feta and onion rings over the top of the salad.
- 4 Place the olives over the top.
- 5 Place the Falafels over the top of the salad.
- 6 Sprinkle the chopped Spring onion over the salad.
- 7 Drizzle the salad dressing over and add a lemon wedge.

EQUIPMENT

-  Chopping Board
-  Vegetable Knife
-  Deep Fryer
-  Cheese Knife



Food safety

From the SOP - what the kitchen must not skip on this dish.

SALAD DO NOTS

SOP 9 - Food Book

Don't use tomatoes that are unripe, a ripe tomato is red , has a fresh smell and is juicy when cut open. Don't use over ripe tomatoes that are soft. Don't use old vegetables to build the salad with. Don't use sour cheese, checking your mise en place in the morning will eliminate any compromised ingredients.
15g 75%



ON THE PASS

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Method and video links are on page 1.