Georgian Salad

Tomato, cucumber and red onion with a walnut-garlic dressing, finished with a whole green chilli.

Table salad bowl. Takeaway: fish & chips box.

Contains Nuts - Sulphites

INGREDIENTS

- 120g Tomatoes (2 medium), cut into wedges
- 100g Cucumbers (2 small), peeled and sliced into bite-sized pieces
- 30g Red onion (1 small), thinly sliced
- 1g Fresh cilantro, finely chopped
- 5g Green chilli, left whole

DRESSING

- 15g Walnut halves, finely ground
- 3g Garlic (1 clove), grated or finely minced
- 10ml White wine vinegar
- 20ml Water

METHOD

1. In a small bowl, combine the walnuts, garlic, vinegar and water.
2. Stir until a loose paste forms. Taste and adjust salt and pepper. Set aside.
3. Combine tomatoes, cucumber, onion and cilantro in a large bowl.
4. Pour the walnut dressing over and stir until thoroughly combined.
5. Garnish with the whole chilli and serve immediately.

GARNISH

- Whole green chilli

EQUIPMENT


Chopping board

Vegetable knife