



TOMATO AND CUCUMBER SALAD

Season: Summer
From the garden: Tomato, cucumber
Type: Salad
Difficulty: Easy
Country of origin:
Serves: 6 serves or 30 tastes
Source:

Equipment

- *chopping board and knife
- *measuring cup and spoon
- *salad bowl
- *jam jar
- *mixing spoon

Ingredients

- *1 kg tomatoes
- *1 large cucumber
- * $\frac{1}{2}$ red onion
- *2 tbsp olive oil
- *2 tbsp vinegar or lemon juice
- * $\frac{1}{2}$ tsp salt, pepper to taste
- *1 tsp sugar

Method

1. wash the cucumber and cut into thin slices (peel and deseed if necessary)
2. wash tomatoes and cut in half if using cherry tomatoes, or cut up bigger ones into slices
3. chop the red onion finely
6. put the tomatoes, cucumber and onion into a salad bowl

7. add the oil, vinegar or lemon juice, salt, pepper and sugar into the jam jar, put the lid on, and shake to mix

8. pour the dressing over the salad and mix

Notes:

Skills: measuring, *mixing*, *cutting*