

## SHOPSKA SALATA BULGARIAN TOMATO SALAD



This Bulgarian salad recipe is so easy to follow. Children love to chop and prepare salad vegetables, turning them into a beautiful, colourful dish that highlights the colours of the Bulgarian flag.

Delicious served as a side salad with a main meal!



*depending on brand; check the labels on the products you use.*

**Skills Check:** Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; chop using the bridge/claw technique safely; whisk, snip herbs with scissors.

**Equipment:** Chopping board, knife, large bowl, small bowl, measuring cups and spoons, fork/whisk, scissors.

**Allergens\*:** Milk | Sulphites

### Ingredients (serves 6):

- 4 medium tomatoes, chopped
- 1 large cucumber, sliced
- 4 green or red peppers, sliced
- 1 white onion, chopped
- 2 tbsp fresh parsley, snipped
- 1/2 cup sunflower oil
- 1/4 cup red wine vinegar
- Freshly ground black pepper, to taste
- 1/2 cup Bulgarian Sirene cheese or low fat feta cheese

### Method

1. In a large bowl, place the tomatoes, cucumbers, peppers, onions, and parsley. Toss well to mix.
2. Place the oil, vinegar, salt and pepper in a small bowl and mix with a fork or whisk.
3. Pour the dressing on top of the vegetables.
4. Top the salad with crumbled cheese. Enjoy!

\*Please note the allergens listed are indicative only. Allergens vary

