



SALATA BALADI

Salata Baladi is a fresh vegetable salad popular in Egypt, the Middle East and North Africa. Salata Baladi translates as the "Salad Of My Country".

It is delicious, as well as being quick and easy to prepare. Sometimes it might be served with tuna and olives on top, or as part of a larger meal.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons; cut using bridge/claw knife technique safely; use a citrus squeezer.

Equipment: Knife, chopping board, medium bowl, small bowl, measuring spoons, spoon or fork, citrus squeezer.

Allergens*: None

Ingredients (serves 2):

- 3 small firm tomatoes, diced
- 2 mini cucumbers, diced
- 2 tbsp fresh parsley, chopped
- 1/2 small red onion, diced
- 1 1/2 tbsp extra virgin olive oil
- 1/2 tbsp lemon juice, freshly squeezed
- 1/2 tbsp white wine vinegar
- 1/4 tsp ground cumin
- Ground black pepper, to taste

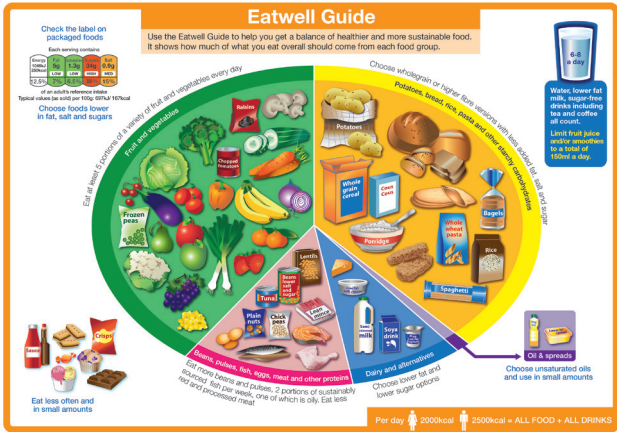
Method

1. Prepare/dice the salad vegetables and place in a large bowl.
2. Mix the olive oil, lemon juice, white wine vinegar, cumin and pepper, in a small bowl, to make the dressing.
3. Add the dressing to the salad vegetables, and mix.
4. Serve fresh.

** Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use*



SALATA BALADI Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Salata Baladi.

Tomatoes are really good for us containing a wide range of vitamins and minerals. They also contain lycopene, a type of antioxidant which can help protect our bodies from disease.



Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins and minerals.



Energy, sugar, fat and salt per serving

Per 261g serving

ENERGY
278kJ / 66kcal 3%

LOW FAT
1.2g 2%

LOW SATURATES
0.2g 1%

LOW SUGARS
7.9g 9%

LOW SALT
0.03g 1%

% of an adult's reference intake

Typical values per 100g : Energy 106kJ / 25kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.