

# Kuwaiti Salad

Cool cucumber and tomatoes pieces in a simple dressing.

This is a **Kuwaiti**<sup>1</sup> dish.

The quantities below make 4 generous portions.

## Ingredients

- 1 whole cucumber
- 3 medium tomatoes
- 1 small salad onion
- 1 large bunch flat leaf parsley
- 1 **FAIRTRADE** lemon
- Zaytoun **FAIRTRADE** olive oil
- to taste **FAIRTRADE** freshly ground black pepper

## To serve

Divide the salad into portions into separate side bowls for each person.

## Variations

Parsley is traditional but we enjoyed this with mixed mint and rosemary.

## Method

### Preparation

Wash and dice the cucumbers and tomatoes.

Juice the lemon.

Skin the onion and chop fine.

Chop the parsley.

### Assembly

Put the onion, tomatoes and cucumber in a salad bowl and turn gently.

Mix the salt, lemon juice and oil in a small bowl.

Add the chopped herbs and turn, and then pour the dressing over the salad ingredients and turn until coated.

Chill in the fridge until needed.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/kuwait.htm>