

Eastern salad / Tesco.

Contributors

Tesco (Firm)

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RECIPE
COLLECTION

from
TESCO

**EASTERN
SALAD**



TESCO

EASTERN SALAD

SERVES 4

INGREDIENTS

One whole Cucumber, chopped

2 large Beefsteak Tomatoes,
chopped

4 Spring Onions, chopped

1 large Green Pepper, de-seeded
& sliced

1 Chilli, de-seeded & chopped
finely

2 cloves Garlic, crushed

6 x 15 ml sp (6 tbsp) Natural Yogurt

1 x 15 ml sp (1 tbsp) finely chopped
Fresh Mint

Salt & Ground Black Pepper

To serve:

Pitta Bread & Tesco Houmous

METHOD

- 1** Simply prepare salad ingredients and mix together in a large bowl (take care not to break up the tomatoes).
- 2** Then mix the Yogurt, Mint, Salt and Pepper together and pour over salad.
- 3** To serve, warm Pitta Bread, split lengthways to form a pocket and fill with salad. Top with a tablespoon of Houmous.

All lines subject to availability at Tesco. Some lines in larger stores only