

Greek salad : made with cos lettuce, watercress, beefsteak tomatoes, green pepper, spring onions, cucumber, feta cheese and olives / Tesco.

Contributors

Tesco (Firm)

Publication/Creation

[Cheshunt] : Tesco, [1993]

Persistent URL

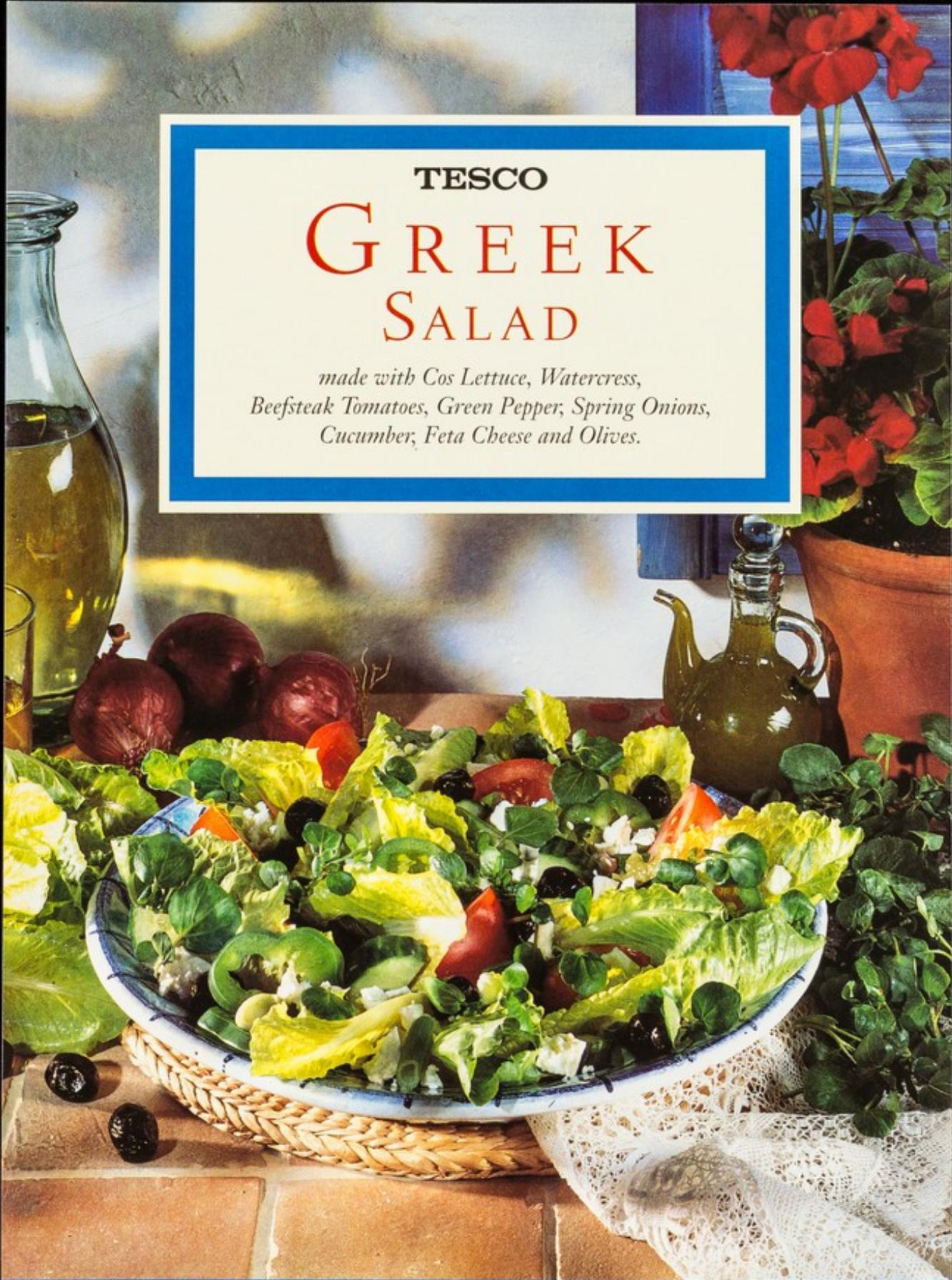
<https://wellcomecollection.org/works/d58grfag>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



TESCO
GREEK
SALAD

*made with Cos Lettuce, Watercress,
Beefsteak Tomatoes, Green Pepper, Spring Onions,
Cucumber, Feta Cheese and Olives.*

SENSATIONAL SALADS IN SECONDS

GREEK SALAD

— SERVES 6 —

Ingredients

2 Beefsteak Tomatoes, each cut into eight pieces; 1 Cos Lettuce, roughly chopped;
1 Bag of Watercress; 1 Green Pepper, de-seeded and sliced; 1 Bunch Spring Onions, chopped;
 $\frac{1}{2}$ Cucumber, chopped; 175g (6oz) Feta Cheese, crumbled; 50g (2oz) Black Olives, stoned;
8 x 15ml sp (8 tbsp) Virgin Olive Oil; 3 x 15ml sp (3 tbsp) Fresh Lemon Juice;
1 x 15ml sp (1 tbsp) Freshly Chopped Oregano; Salt and Freshly Ground Black Pepper.

Method

1. Mix Tomatoes, Lettuce, Watercress, Green Pepper, Spring Onions and Cucumber in a large serving bowl.
 2. Top with the Feta Cheese and Olives.
 3. Whisk together the oil, lemon juice and season with the Oregano, Salt and Pepper. Pour over the salad just before serving.
- Serve with warmed pitta bread.

WATERCRESS



English Watercress is grown in pure, clear waters drawn from chalk springs in Southern England

Watercress is an excellent source of vitamins and minerals, and adds a hot peppery taste and delicate leaf texture to salads, quiches and sandwiches fillings.

(Try adding watercress to a chicken and mayonnaise sandwich)

TRADITIONAL COS & BABY COS LETTUCE

The traditional lettuce for Greek salads - Cos lettuce has long, crisp leaves with a deliciously sweet flavour.

Baby Cos is a smaller, heartier lettuce with a rich sweet flavour and a wonderful crisp texture.

Both lettuce are best served shredded and add wonderful flavour to any salad,



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