



Spring Middle Eastern Salad

What to collect

Ingredients	Equipment
4 spring onions, thinly sliced	chopping board
3 tomatoes, diced	knife
3 cucumbers, diced	colander
1 can chickpeas, drained and rinsed	metric measuring cups/spoons
1/3 cup chopped parsley, chopped	whisk
1/3 cup mint, chopped	baking tray
1/3 cup basil, chopped	baking paper
1/4 cup lemon juice	
1 garlic cloves, finely chopped	
salt/pepper	
1/4 cup olive oil	
200g feta, diced	
toasted pita bread	

What to do

1. Place the spring onions, tomatoes, cucumber, chickpeas, parsley, mint and basil in a bowl and toss to combine.
2. In a small bowl, whisk together the lemon juice, garlic and 1 teaspoon of salt & 1/2 teaspoon pepper. Slowly whisk in the olive oil to make an emulsion. Set aside.
3. Open pita up and brush with olive oil and a sprinkle of salt. Place on a baking tray and put in a 180C oven and bake for 10-15 minutes till golden & crunchy.
4. Place feta over the salad and drizzle with dressing.
5. Serve with toasted pita bread.

East Bentleigh Primary School – Kitchen Garden Program