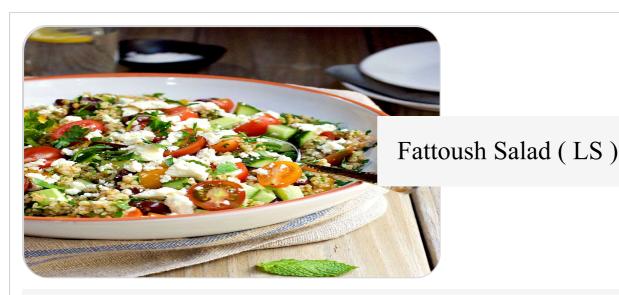


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Serving: 1 Veg

Ingredients

- Serves 1
- -3 tbsp green capsicum cubes
- -3 tbsp tomato cubes
- $-\frac{1}{4}$ cup cucumber cubes
- $-\frac{1}{2}$ cup onion cubes
- $-\frac{1}{2}$ slice multigrain bread
- -Few leaves of iceberg lettuce
- -1 tbsp chopped black olives
- -1 tbsp chopped green olives
- -1 tsp chopped fresh parsley sprigs
- For the dressing
- $-\frac{1}{2}$ tsp olive oil
- $-\frac{1}{2}$ tsp vinegar/ lemon juice
- -Salt to taste
- $-\frac{1}{2}$ tsp black pepper powder
- -1 tsp chopped fresh parsley
- -1 tsp mint leaves

Preparation Method

- 1. Heat a pan, add bread pieces and toast on a medium flame to make croutons.
- 2. Mix all ingredients together for the dressing and keep aside.
- 3. Tear the lettuce leaves in a bowl, add rest of the vegetables, black and green olives, parsley and toss well.
- 4. Add the dressing just before the serving and croutons and serve immediately.