



## Fattoush Salad ( LS )

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.