

MAROULOSALATA

INGREDIENTS

2 hearts of romaine
4 green onions
1/2 bunch dill
1/2 bunch mint
1/2 cup crumbled feta cheese

For the Dressing

Juice of 1 large lemon
Salt
1/2 teaspoon dried oregano
1/3 cup extra virgin olive oil

INSTRUCTIONS

Step 1: Prepare a large mixing bowl with ice water. Thinly slice the romaine lettuce, then add to the ice water for 5 minutes to crisp while you prepare the dressing and remaining ingredients.

Step 2: Trim and finely chop the green onions (both the white and green parts). Finely chop the dill and mint leaves, discarding the stem.

Step 3: Make the dressing. In a medium mixing bowl, add the lemon juice, a large pinch of kosher salt, and the oregano and whisk to combine. Continue whisking as you drizzle in the extra virgin olive oil. Whisk until emulsified. Set aside for now.

Step 4: Drain the salad from the ice water and dry very thoroughly. A salad spinner helps if you have one, or use paper towels. Add to a large serving bowl, along with the chopped herbs, and feta. Give everything a gentle toss.

Step 5: Just before serving, give the dressing one more quick whisk and pour it all over the salad. Mix well (or use your hands to massage the salad and coat it well with the dressing). Serve immediately.

THE COOKERY

by The Secret Jozi Chef