

# PALESTINIAN SALAD



Serves 2



10 minutes

This simple yet delicious salad uses fresh, light ingredients including parsley, an excellent source of Vitamins C, K and A, iron and folate which boosts your immune system and helps to detox your body. Quick and easy to make, this salad is a perfect refreshing addition to your iftar!

## Method:

1. Dice both the cucumber and tomato.
2. For the garnish, finely chop the parsley – you'll need ½ a cup.
3. Next, mix the salad - place the cucumber, tomato and parsley into a bowl and add the salt, pepper and olive oil. Mix well.
4. To finish and give full flavor to the salad, add your lemon juice and give the salad one final mix. Serve and enjoy!

Saed - Gaza Manager



## Ingredients

- 1 medium cucumber
- 1 medium tomato
- Bunch of fresh parsley
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 3 tablespoons olive oil
- 1 tablespoon lemon juice