GREEK · LUNCH · SIDE

# Horiatiki: Traditional Greek Village Salad

15 min · Serves 8 · 177 kcal a serve · Video 7:43 · Chef Billy Parisi

Vegetarian · Gluten-free ingredients · Nut-free

Mostly raw tomato, cucumber, pepper and onion dressed with olive oil and vinegar rather than a creamy dressing, so a serve is high in vitamin C, with calcium and vitamin B12 from the feta.

**Diet notes:** Keto (6.2 g net carbs a serve).

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## Ingredients 12 · SERVES 8

- [ ] 5 **vine-ripe tomatoes**, cored and cut into bite-size pieces
- [ ] 1 **cucumber**, sliced into half-moons
- [ ] 1 **green bell pepper**, seeded and julienned
- [ ] ½ **red onion**, peeled and thinly sliced
- [ ] ¼ cup **capers** (optional)
- [ ] 10–12 **pitted Kalamata olives** + 10–12 pitted green Greek olives
- [ ] 8 oz block **feta cheese**, broken into chunks
- [ ] ¼ cup extra **virgin olive oil**
- [ ] 2 tbsp **red wine vinegar**
- [ ] 1½ tsp **dried oregano**
- [ ] a little **salt**, to taste (the olives and capers are already salty)
- [ ] **black pepper**, to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Contains:** Milk. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Core the tomatoes and cut them into wedges or bite-size chunks; halve the cucumber lengthways and slice into half-moons. 2:05
2. Julienne the green pepper and thinly slice half a red onion. 3:27
3. Spread the tomatoes, cucumber, pepper and onion over a large platter so every ingredient shows. 5:25
4. Scatter over the olives, capers and big chunks of feta rather than crumbles. 5:58
5. Drizzle with olive oil and red wine vinegar, then sprinkle with oregano, a little salt and pepper. Serve straight away. 6:42

> **Tip** Prep the vegetables up to a day ahead but add the feta, oil, vinegar and seasoning just before serving. The video also shows an optional lemon-Dijon vinaigrette; the classic oil-and-vinegar drizzle is lighter.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 8 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 177 kcal<br>740 kJ | 5.5 g<br>11% of a day | 8.5 g<br>6.2 g net · 4.7 g sugars<br>3% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 2.2 g<br>8% of a day | 14 g<br>5.3 g saturated<br>18% of a day | 550 mg<br>24% of a day |

**Energy from** net carbs 14% · protein 13% · fat 73% — fits keto: 6.2 g net carbs, 73% of the energy from fat

**High in** (20%+ of a day) Vitamin C 31% · Vitamin B12 20%

**Source of** (10–19%) Vitamin K 17% · Vitamin B6 15% · Vitamin E 14% · Calcium 13% · Zinc 10%

**Recipe and video:** Chef Billy Parisi (@ChefBillyParisi) on YouTube — youtube.com/watch?v=J3hrMqM3N00, published 11 August 2021. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/horiatiki-greek-salad