

Persian Chopped Salad

A Persian Chopped Salad as featured in the Persian Feast alongside Persian Lamb Shanks, Tachin - Saffron Baked Rice and Persian Love Cake for dessert.

Servings: 4
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Ingredients

Salad:

- 1.5 cups of deseeded tomato , diced into 1cm / 2/5" pieces (approx 2 tomatoes)
- 1.5 cups of deseeded cucumber , diced into 1cm / 2/5" pieces (approx 2 small Lebanese cucumbers)
- 3/4 cup red onion , diced into 1cm / 2/5" pieces and layers separated (about half a large red onion)
- 1/2 tsp sumac
- 1 cup of mint leaves , roughly chopped, a few kept whole
- 1 cup parsley leaves , roughly chopped, a few kept whole
- Seeds from 1/4 a pomegranate (Note 1)
- 1 good pinch of salt
- Few turns of black pepper

Dressing:

- 2 tsp lemon juice
- 2 tbsp olive oil

Instructions

1. Combine tomatoes and cucumber, and sprinkle over salt. Mix well, leave to stand for 10 minutes. Drain liquid that pools.
2. Toss with the sumac, herbs and pomegranate seeds. Dress with the dressing and serve.

Notes

1. Cut, place cut side down in hand and spank with wooden spoon. Seeds will fly out between fingers!

Another great recipe by www.recipetineats.com