

Sabrina 

Cucumber, green apple &
nigella seed salad



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Serves 4 | Vegetarian

INGREDIENTS:

80g feta	4g nigella seeds
60g Greek yoghurt	1 spring onion, peel, finely sliced at an angle
3g sea salt	4g fresh dill, half chopped and half picked
2g ground black pepper	6ml extra virgin olive oil
240g Granny Smith apples, core, halve, slice into half moons	
200g cucumber, slice length, scoop out seeds, slice into half moons	

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METHOD:

1. To make the dressing; blend 60g feta and the Greek yoghurt to a paste. Season with salt and pepper. Crumble the rest of the feta.
2. Place the apple, cucumber, nigella seeds, half the spring onions, chopped dill into a large bowl, add yoghurt dressing, gently mix to combine.
3. Arrange on a serving dish and top with the picked dill, remaining spring onion, the crumbled feta and a drizzle of olive oil.