

CUCUMBER SALAD

Serving Size: 6

INGREDIENTS:

- cucumber 2
- avocado 2
- tomato 2
- olive oil 1/2 cups
- white vinegar 1 tbsp
- soya sauce 1 tsp
- sesame oil 1/2 tsp
- fresh herbs

EQUIPMENT:

- knife
- chopping board
- measuring spoons
- measuring cups
- salad bowl
- wooden spoon
- small bowl

MET

HOD

:

1.

Was

h,

peel,

and

dice

tomato, avocado, and cucumbers into 1/4 inch squares and mix together in a bowl.

2. In another bowl mix vinegar, sesame oil, soya sauce, and fresh herbs. Slowly add in the olive oil while whisking. Cover and refrigerate until serving.

3. Pour dressing onto salad right before serving. Serve cold.

ENJOY ☺

