

Mediterranean Parsley Salad

This is a refreshing cold salad. Fantastic on it's own or along a main dish as an appetizer.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Raw



Ingredients

Parsley, fresh	2 cup
Onion, white, yellow or red, raw	1 large
Tomato raw (includes cherry, grape, roma)	3 medium - 2 3/5" diameter
Lemon, fresh	1 medium - 2 1/8" diameter
Olive oil	2 tablespoon
Basil, fresh	0.5 cup
Salt, sea salt	1 teaspoon

Instructions

You need a large bowl to prepare this salad.

First you have to dice the Onion in to very small cubes. (1/8" x 1/8" cubes). I always prefer white onions for this salad.

The small cubes makes the salad blend in the flavours better. Put the diced onions into the bowl.

Next you have to chop the tomatoes into small cubes as well. (1/4" x 1/4" will be just fine). Put the diced tomatoes into the bowl as well.

Take the parsley leaves by picking the leaves of the stems of the parsley. Put the leaves into a separate container until you fill 2 cups with parsley leaves. When you have enough you have to put the parsley on a chopping board and bunch them by cupping your hand over the leaves and cut the leaves into smaller slices. This takes a bit of getting used to cutting loose leaves but the best is by squeezing the parsley with one hand while slowly slicing through the bunched leaves as you push them through your palm.

Slice the basil leaves into smaller flakes as well.

One you feel that the parsley and the basil are sliced into small enough pieces put them into these into the bowl with the onion and the tomatoes.

Squeeze the lemon juice and pour it into the mix along with the olive oil. Sprinkle the salt on top.

Now comes the messy part. You now have to mix the salad. You can certainly use two spoons to do that but the best results are obtained if you wash your hands thoroughly first and use your hands to mix the ingredients in the bowl. The final mixture will look a bit watery and oily with parsley, tomatoes and onions evenly mixed.

Serve cold.