

# Greek Orzo Salad

Bialik College Kitchen Garden Program



**Bialik College**

## Ingredients:

- ☐ 300g Orzo or Risoni pasta
- ☐ 250g punnet cherry tomatoes, sliced in half
- ☐ 1 Continental cucumber, diced
- ☐ ½ cup black olives, sliced in half
- ☐ ½ red onion, diced
- ☐ 2 cups baby rocket, washed and spun dry
- ☐ 2 tablespoons fresh dill or fennel fronds, chopped
- ☐ 2 tablespoons fresh parsley, chopped
- ☐ **Optional:** 1/3 cup feta, crumbled to garnish

### ☐ **LEMON VINAIGRETTE:**

- ☐ ¼ cup Olive oil
- ☐ 2 tablespoons fresh lemon juice
- ☐ 2 tablespoons Apple cider or white vinegar
- ☐ 2 tablespoons Honey
- ☐ 2 teaspoons Dijon mustard
- ☐ ¼ teaspoon table salt
- ☐ ¼ teaspoon black pepper

## Equipment:

- ☐ Metric measuring scales, cups and spoons
- ☐ Chopping board
- ☐ Chef's knife
- ☐ Medium saucepan
- ☐ Colander
- ☐ Large and small mixing bowls
- ☐ Citrus juicer
- ☐ Whisk
- ☐ Wooden spoon or spatula
- ☐ Serving bowl

## Method:

1. Bring a medium saucepan of water to boil, then add a pinch of salt and pasta. Cook according to the packet instructions until pasta is 'al dente'. Strain using colander and set aside cooked pasta to cool.
2. Prepare all ingredients according to the instructions in ingredients list above.
3. In a large mixing bowl, add the cooked pasta, tomatoes, cucumber, olives, red onion, baby rocket, dill and parsley.
4. **To prepare the Lemon Vinaigrette:** add all the dressing ingredients to a small bowl. Whisk well to combine. Adjust seasoning to taste.
5. Pour desired amount of dressing over the salad and stir to combine. Transfer to a serving bowl and if using, crumble over the feta to garnish.