Plate Dream

Acl Ezme Salata – Spicy Turkish Salad

Spicy, fresh Turkish salad with tomatoes, peppers, herbs, and lemon dressing.

15 min	15 min	4	Easy	Turkish
Prep time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 4 ripe tomatoes, finely diced
- [ ] 1 red bell pepper, finely diced
- [ ] 1 small cucumber, peeled and diced (optional)
- [ ] 1 small red onion, minced
- [ ] 1 handful fresh parsley, chopped
- [ ] 1 handful fresh mint, chopped

Dressing

- [ ] 2 tbsp extra-virgin olive oil
- [ ] Juice of 1 lemon
- [ ] 1 tsp sumac
- [ ] 1/2 tsp red pepper flakes
- [ ] 1 tsp pomegranate molasses
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Dice the tomatoes, bell pepper, and cucumber (if using) into small, uniform pieces; place them in a large mixing bowl.
2. Add the minced red onion, chopped parsley, and mint; gently toss to combine.
3. In a separate small bowl, whisk together olive oil, lemon juice, sumac, red pepper flakes, pomegranate molasses, salt, and pepper.
4. Pour the dressing over the vegetables and toss until everything is evenly coated.
5. Let the salad rest for about 10 minutes at room temperature, then serve with a garnish of extra herbs if desired.

Nutrition per serving

110 kcal	3 g	10 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the diced tomatoes dry with a paper towel to avoid excess liquid.
- Adjust the red pepper flakes according to your heat tolerance.
- If you like a sweeter note, increase the pomegranate molasses by a half teaspoon.