

Plate Dream

Shirazi Salad – Easy Fresh Tomato Cucumber Dish

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Iranian** Cuisine	

Ingredients

Main Ingredients

- [ ] 3 medium ripe tomatoes, diced
- [ ] 2 cucumbers, seeded and diced
- [ ] 1/2 red onion, thinly sliced
- [ ] 1/4 cup fresh mint leaves, chopped
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Wash all vegetables. Dice the tomatoes and cucumbers into even bite-size cubes.
2. Thinly slice the red onion and place in a bowl with a pinch of salt; let it sit while you prep the rest.
3. In a small mixing cup, whisk together lemon juice, olive oil, a pinch of salt, and pepper.
4. Combine tomatoes, cucumbers, onion, and mint in a large salad bowl. Drizzle the dressing over and toss gently.
5. Let the salad rest for 10 minutes to meld flavors, then serve at room temperature.

Nutrition per serving

120 kcal	2 g	10 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder onion flavor, rinse the sliced onion under cold water before adding.
- For extra zest, add a pinch of sumac or dried oregano.
- A splash of lemon vinaigrette can brighten the dressing further.