

Foodnity Recipes

Easiest Shirazi Salad Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Persian** Cuisine	

Ingredients

Main Ingredients

- [ ] 3 large ripe tomatoes, diced
- [ ] 2 cucumbers, thinly sliced
- [ ] 1/2 red onion, thinly sliced
- [ ] 1/4 cup fresh parsley, chopped
- [ ] 2 tbsp fresh mint leaves, torn
- [ ] 1 lemon, juiced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] Salt and pepper to taste

Instructions

1. Wash all vegetables; pat dry. Dice the tomatoes into bite-size pieces.
2. Slice cucumbers thinly; if they’re wavy, give them a quick spin in a colander and pat dry.
3. Combine the red onion slices in a bowl of cold water for 2 minutes, then drain—this softens the bite.
4. In a small bowl whisk together lemon juice, olive oil, a pinch of salt and pepper.
5. Gather the tomatoes, cucumbers, onion, parsley, and mint in a large mixing bowl; toss gently.
6. Pour the dressing over the salad, toss lightly until everything is evenly coated.
7. Taste and adjust seasoning; serve immediately, or let rest 10 minutes for flavors to meld.

Nutrition per serving

80 kcal	2 g	8 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a bit of sweetness, add a handful of pomegranate seeds.
- For extra crunch, sprinkle toasted pine nuts just before serving.
- A drizzle of carrot cucumber dressing can give an unexpected twist.