

Less than 1 hour

Serves 4-6

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Ingredients

- 1 punnet (200g) cherry tomatoes
- 1 packet (180g) kalamata olives
- 1 red onion, sliced
- 1 green pepper, deseeded and sliced
- 2 baby marrows, cut into ribbons
- Glug of olive oil
- ¼ punnet (5g) fresh origanum, roughly chopped
- Salt and milled pepper
- 2 cups (500ml) cooked couscous or bulgur wheat
- 2 Tbsp (30ml) red wine vinegar
- Juice (60ml) and grated peel of 1 lemon

For serving:

- 4-6 discs feta cheese
- 6 snacking cucumbers, cut in half at an angle
- PnP lite Greek dressing

Method

1. Preheat oven to 180°C.
2. Combine tomatoes, olives, onion, green pepper and baby marrows.
3. Toss with olive oil, origanum, and season.
4. Spread evenly on a baking tray and bake for 15-20 minutes until just tender.
5. Combine couscous or bulgur wheat, red wine vinegar, lemon juice and peel and toss through baked veggies.
6. Return to oven for another 10 minutes.

7. Top with feta cheese, cucumbers, and drizzle with dressing before serving.

GOOD IDEA

Combine ½ cup (125ml) each flour and milk to form a batter. Cut feta into wedges and dip in batter. **Roll** in breadcrumbs to cover thoroughly. Deep fry until golden and serve while warm and crisp

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