

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Mid-Eastern Chop Salad

This salad is served all over the Mid-East as a refreshing accompaniment on shawarma, with breakfast and on falafel. There are as many variations as there are families in the region. Feel free to experiment by adding and subtracting ingredients to your own tastes.

BY CHEF MARTY SLAVIN

Ingredients

1-2 cups of diced tomatoes
(I use halved cherry tomatoes)

1 cucumber
(I use hot house grown
English cucumbers. Large
regular ones work as well.)

Juice and zest of 1 lemon

1 diced red onion

1 diced red bell pepper

1 diced jalapeño pepper with
seeds and ribs removed

1 bunch chopped cilantro
or Italian parsley

Olive oil to taste

Za'atar to taste (optional;
Mid-eastern spice, available
at Amazon or local ethnic
market)

Salt and pepper to taste

Directions

Zest and juice lemon into a large bowl. Add ingredients in this order: jalapeño pepper, diced red onion, diced red bell pepper, diced tomatoes, diced cucumber and chopped parsley or cilantro. Mix and then add olive oil, za'atar, salt and pepper to taste. Refrigerate for at least 1 hour before serving.



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