

Fishy Salad - serves 4

14th June 2017 at 8:12pm

SAUCE

125ml Olive oil

15ml White grape vinegar

Freshly ground black pepper

Salt to taste

SALAD

Medium size lettuce

Small onion cut in rings

10 cherry tomatoes

A few slices cucumber

75g feta cheese cut in blocks

A few black olives pips removed

4-6 fillets of anchovies chopped

METHOD

Wash all lettuce, tomatoes and cucumber. Throw all the salad ingredients together. Mix the sauce separately and shake well before sprinkling over the salad or dishing up separately. For variety you may also want to swap the anchovies with any other aquaponic fish, prepared as per our other great ASA member contributions.

