RECIPE

TITLE: Tomato and Red Onion Salad

FROM: The Wilds Cafe kitchen (with the help of Claude)

INGREDIENTS	
600 g ripe tomatoes, mixed	3 tbsp extra virgin olive oil
1/2 red onion, very thinly sliced	1/2 tsp dried oregano
1 tbsp red wine vinegar	Flaky salt
	Black pepper

DIRECTIONS

1. Soak the onion in the vinegar for 10 minutes. It softens and loses its sharp bite.
2. Cut the tomatoes into wedges and halves. Salt and leave them for 10 minutes to release their juice.
3. Toss everything together with the oil, oregano and pepper, including the tomato juices.

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NOTES

This was the simplest of salads to throw together. Sometimes, it's best to keep it simple, but delicious. Use the best possible ingredients and you can't go wrong.

With love, Angela

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