

# 'MONTANHEIRA' SALAD



Magazine  
Jun. | Jul. 10

Photos: Virgílio Rodrigues  
With thanks to: Júlia Martins

## INGREDIENTS

3 tomatoes • 1 cucumber • 1 onion • Olive oil • Vinegar • Salt • Oregano

## METHOD

Cut the tomatoes into cubes and finely slice the onion • Using a vegetable peeler, peel off long strips of skin along the cucumber, leaving intervals of skin between each strip • Finely slice the cucumber • Place everything in a salad bowl and push out the rings from the onion slices • Season with salt, olive oil and vinegar • Sprinkle with oregano • Toss and serve