



Tomato Salad with Whipped Creamy Feta

<https://www.mainland.co.nz/recipe/tomato-salad-whipped-feta.html>



Prep Time
15 mins

COOKING Time
10 mins

SERVES
6

Whipped Feta adds another dimension to any summer salad, especially when as bright and flavoursome as this fresh tomato number.

Ingredients

- 350g of mixed tomatoes
- 1 cucumber
- 1 red onion
- Rice
- Bunch of basil

- 1 red chilli
- 1 fresh grapefruit (segmented)

- Mainland Creamy Feta 200g
- 50ml milk
- 50ml olive oil

Method

1. Slice tomatoes and red onion
2. Peel cucumber into ribbons
3. Arrange tomatoes, cucumber and red onion on a plate
4. Blend feta, milk, and olive oil in a food processor until smooth and silky
5. Add heaped tablespoons of whipped Mainland Creamy Feta
6. Drizzle with olive oil, season with salt and pepper and sprinkle over fresh basil
7. Serve with rice
8. Optional - Mix through grapefruit and chilli for more flavour