Treasure Barrel

Acl Ezme Salata – Spicy Turkish Salad

Zesty Turkish mashed salad, ready in minutes, perfect for a refreshing side or a light lunch.

10 min	10 min	4	Easy	Turkish	Salad
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Main Ingredients

- [ ] 4 ripe tomatoes, finely diced
- [ ] 1 large cucumber, seeded and diced
- [ ] 2-3 fresh red chilies, minced
- [ ] 1/4 cup fresh parsley, chopped
- [ ] 2 tbsp fresh mint, chopped
- [ ] 2 tbsp lemon juice
- [ ] 3 tbsp extra-virgin olive oil
- [ ] Salt to taste

Instructions

1. Gather all ingredients; rinse the vegetables under cool water, then pat dry.
2. Dice the tomatoes and cucumber into small, uniform pieces; place them in a large mixing bowl.
3. Add the minced chilies, chopped parsley, and mint; pour in the lemon juice and sprinkle with salt.
4. Using a fork, gently mash the mixture until it reaches a coarse, spreadable texture—stop when you still see tiny bits of tomato and cucumber.
5. Drizzle the olive oil over the mash, give it one final stir, and taste for seasoning; adjust salt or lemon as needed.
6. Serve immediately with warm pita, or transfer to a bowl and let sit for 10 minutes; enjoy the fresh, spicy zest.

Nutrition per serving

85 kcal	2 g	9 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer milder heat, remove the seeds from the chilies before mincing.
- For a smoother texture, use a potato masher gently, but avoid over-processing.
- A pinch of sumac adds an authentic tangy note.