

Treasure Barrel

Easy Shirazi Salad Recipe

Fresh and crunchy Shirazi Salad with tomatoes, cucumbers, onions, and herbs, dressed in lemon juice.

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Persian** Cuisine	

Ingredients

Main Ingredients

- [ ] 3 ripe tomatoes, diced
- [ ] 2 English cucumbers, peeled and diced
- [ ] 1/2 red onion, thinly sliced
- [ ] 1/4 cup fresh parsley, chopped
- [ ] 2 tbsp fresh mint leaves, chopped
- [ ] 3 tbsp freshly squeezed lemon juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Wash all vegetables. Dice the tomatoes and cucumbers into bite-size pieces, then place them in a large bowl.
2. Add the thinly sliced red onion, chopped parsley, and mint. Toss gently.
3. In a small cup, whisk together lemon juice, olive oil, salt, and pepper. Drizzle over the salad.
4. Mix lightly to coat everything evenly. Let the salad rest for 5-10 minutes so the flavors meld.
5. Give a final taste and adjust salt or lemon if needed. Serve chilled or at room temperature.

Nutrition per serving

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

Tips & notes

- Pat the cucumbers dry after rinsing – excess water can dilute the dressing.
- If the onion bite is too sharp, soak the slices in cold water for a minute, then drain.
- A pinch of granulated sugar can balance extra acidity from lemons.