



Please note: Food images are representative only and not the actual cooked recipes.

Onion Red Baron – Red onion salad

SERVES 2-4 • PREP: 12 MINUTES

V Vegetarian

INGREDIENTS

- 2 large red onions, thinly sliced
- 1 teaspoon salt
- 2 tablespoons lemon juice or red wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon sugar or honey (optional)
- Freshly ground black pepper, to taste

Optional additions (mix and match):

- 1 small cucumber, thinly sliced
- 1 Lettuce, sliced
- 1 tomato, diced or sliced
- A handful of fresh parsley, mint, or coriander, chopped
- 1/2 teaspoon sumac or paprika
- 1 tablespoon pomegranate seeds or olives

METHOD

1. Soften the onions

Place the sliced red onions in a bowl, sprinkle with salt, and gently massage with your hands for 30–60 seconds. This softens the onions and removes harshness.

2. Rinse (optional)

Rinse the onions briefly under cold water and drain well if you want a milder flavour.

3. Dress the salad

Add lemon juice or vinegar, olive oil, sugar or honey (if using), and black pepper. Toss well to combine.

4. Add extras

Stir in any optional vegetables, herbs, or spices.

5. Rest and serve

Let the salad sit for 10 minutes before serving to allow Flavors to meld.



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