

Helergon Kitchen

Easy Shirazi Salad Recipe

A simple, vibrant salad of cucumbers, tomatoes, and onions dressed in lemon and olive oil, ready in minutes.

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, diced
- [ ] 3 ripe tomatoes, diced
- [ ] 1/2 red onion, thinly sliced
- [ ] 1/4 cup fresh mint leaves, chopped

Dressing

- [ ] 3 tbsp fresh lemon juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp sumac
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Dice the cucumbers and tomatoes into bite-size pieces; place them in a large mixing bowl.
2. Add the thinly sliced red onion and chopped mint, then toss gently.
3. In a small bowl, whisk together lemon juice, olive oil, sumac, salt, and pepper until emulsified.
4. Pour the dressing over the vegetables, toss to coat evenly, and let the salad rest for 5-10 minutes before serving.

Nutrition per serving

120 kcal	2 g	12 g	7 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - Pat the cucumber pieces dry after rinsing to prevent a watery salad.
> - If you prefer less bite from onion, soak the slices in ice water for 5 minutes and drain.
> - A pinch of sugar can balance extra acidity if desired.