

Bite Spoon

Easy Shirazi Salad Recipe

Crisp cucumbers, ripe tomatoes, and lemony dressing make this Shirazi Salad a quick, healthy snack.

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, diced
- [ ] 3 ripe tomatoes, diced
- [ ] 1/4 red onion, very thinly sliced
- [ ] 2 tbsp fresh lemon juice
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp chopped fresh parsley or mint
- [ ] Salt and pepper to taste

Instructions

1. Wash the cucumbers and tomatoes. Pat them dry, then dice into bite-size pieces.
2. Thinly slice the red onion; if it’s too sharp, give it a quick rinse and drain.
3. In a small bowl, whisk together lemon juice, olive oil, chopped herbs, salt, and pepper.
4. Combine cucumbers, tomatoes, and onion in a large mixing bowl. Drizzle the dressing over the vegetables and toss gently until evenly coated.
5. Taste and adjust seasoning, adding a touch more lemon or salt if needed. Serve immediately or let sit for a few minutes.

Nutrition per serving

85 kcal	2 g	8 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder onion flavor, soak the slices in cold water for 5 minutes before adding.
- For extra brightness, add a pinch of sumac or dried mint.
- This salad pairs beautifully with grilled kebabs or as a side to a simple rice dish.