

# Feta, Ham & Olive platter

Recipe by Claire Sambolino  
BANT Registered Nutritionist ®



## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	668 kj	8%
Energy (kcal)	161 kcal	8%
Fat	13 g	19%
<i>of which saturates</i>	5.1 g	26%
Carbohydrate	1.4 g	1%
<i>of which sugars</i>	0.8 g	1%
Fibre	0.6 g	2%
Protein	8.3 g	17%
Salt	1.2g	20%

Generated by Nutritics v5.61 on 29th March 2021

## INGREDIENTS (serves 1, provides 230kcal per serving without bread)

- 40g chopped feta (MILK)
- 20g cooked ham
- 1 handful washed rocket leaves (c. 20g)
- 4-5 thick chunks of cucumber (c. 35g, cut into quarters)
- 6-8 green olives (de-stoned & halved)
- ¼ tsp oregano or za'atar spice
- ½ tbsp Extra Virgin Olive oil
- ½ tbsp apple cider vinegar
- 50g Bread (optional)

## METHOD:

1. Mix the feta, cucumber, olives and oregano / za'atar and serve on a plate.
2. Wash and drain the rocket leaves and add to the plate.
3. Add the ham slices.
4. Dress with the olive oil and apple cider vinegar
5. Eat with a side of wholegrain or olive bread (optional)

## ALLERGENS



MILK

## MODIFY

1. Remove ham and replace with avocado for vegetarian.
2. Replace feta with a vegan cheese for vegan.
3. Switch ham with smoked salmon or boiled egg for a wider variety of breakfast platters.

## CREDIT

Recipe by: Claire Sambolino  
Photo by: Claire Sambolino