

Choco Fever Dream

Acili Ezme Salata – Spicy Turkish Salad

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Turkish** Cuisine	**Salad** Course

Ingredients

Salad Base

- [ ] 2 medium red bell peppers, finely diced
- [ ] 1 large ripe tomato, seeded and chopped
- [ ] 1 small cucumber, peeled and diced
- [ ] 1/4 cup fresh parsley, finely chopped
- [ ] 2 green onions, thinly sliced

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp pomegranate molasses (optional)
- [ ] 1/2 tsp sea salt
- [ ] 1/4 tsp freshly ground black pepper

Instructions

1. Wash all vegetables. Dice the red peppers, tomato, and cucumber into uniform pieces; this ensures even texture.
2. Place the diced peppers in a bowl, sprinkle with sea salt, and let sit for 5 minutes to soften and release moisture.
3. Drain any excess liquid from the peppers, then add the tomato, cucumber, parsley, and green onions. zesty bowl
4. In a small cup whisk together olive oil, lemon juice, pomegranate molasses, salt, and black pepper. Drizzle over the salad and toss gently.
5. Let the salad rest for 10 minutes before serving. It pairs beautifully with a snack platter or alongside grilled fish.

Nutrition per serving

120 kcal	2 g	10 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste and adjust the lemon or salt before the final toss.
- If you prefer less heat, remove the seeds from the peppers.
- For a richer flavor, add a spoonful of crumbled feta (omit for vegan version).