

Ingredients

| | Quantity: | Measure: | Ingredients: | Description: |
|---|-----------|-------------|----------------|---------------------|
| | 2 | Small | Cucumber | Tender. |
| 4 | | Nos | Onions | Peel and make rings |
| 3 | | Nos | Chillies Green | Chop and mince |
| 1 | | Piece | Ginger | Chop and mince |
| 3 | | Tablespoon | Vinegar | Or Lime Juice |
| | | As Required | Salt | For taste, and s |

Method

Cucumbers are the fourth most cultivated vegetable in the world and known to be one of the best foods for your body's overall health, often referred to as a superfood.

Pare the cucumbers, cut them in thin round slices, sprinkle some salt, and keep aside. After ten minutes, throw away the water, and in the meantime, peel and slice the onions sideways, to get onion rings. Chop the green chillies and ginger finely. Arrange the cucumber and onion rings on a salad dish, and sprinkle over them, the finely chopped green chillies and ginger, and sprinkle vinegar on top, with a little salt to taste.

Some prefer to wash the rings, to remove the tangy taste.