

Spring onion salad

Don't be put off by the name. Yes, it's an onion salad, but it tastes incredibly fresh and is not too harsh. It's great with the chicken, and with barbecued lamb chops or tofu. Use baby cucumbers, if possible: they are much more robust and less watery than larger varieties (if you have to use a large cucumber, first cut it in half lengthways and scoop out the watery, seed-filled core).

Serves six as a side dish.

4cm piece fresh ginger, peeled and finely chopped

2 tbsp lemon juice

2 tbsp olive oil

Flaky sea salt

8-10 spring onions, cut lengthways into quarters, then finely chopped

2 baby cucumbers, skin on, cut into 1cm dice

1 green pepper, trimmed, deseeded and cut into 1cm dice

15g mint leaves, finely shredded

15g coriander, roughly chopped

½ tsp nigella seeds

Put the ginger in a mortar, crush to a rough paste and mix with the lemon juice, oil and half a teaspoon of salt.

In a large bowl, mix the spring onions, cucumber, pepper, herbs and nigella seeds, add the crushed ginger dressing, toss well and serve.