

Purslane Salad with Cherries and Feta

Fresh purslane salad with sweet cherries and tangy feta cheese. Mediterranean-inspired recipe ready in 15 minutes with omega-3 rich purslane.

15 min

PREP

15 min

TOTAL

1

SERVINGS

Easy

DIFFICULTY

Ingredients

- 2 cup purslane
- 1 cup sour cherry
- 1 cup feta cheese
- 1 cup mint
- 1 cup olive oil
- 2 tbsp balsamic vinegar
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the purslane**

Rinse 2 cups fresh purslane under cold running water, gently rubbing the leaves and stems to remove any dirt or sand. Pat completely dry with paper towels or spin in a salad spinner until no water remains.
- 2** Remove pits from 1 cup fresh cherries using a cherry pitter or small knife. Cut each cherry in half and set aside.
- 3** Crumble 1 cup feta cheese into bite-sized pieces, about 1/2-inch chunks. Finely chop 1 cup fresh mint leaves until pieces are roughly 1/8-inch in size.
- 4 Make the dressing**

Combine 2 tablespoons olive oil, 1 teaspoon balsamic vinegar, and 1 teaspoon honey in a small bowl. Whisk vigorously until the mixture is smooth and emulsified, about 30 seconds.

5 Assemble the salad

Place the dried purslane in a large serving bowl. Add the halved cherries, crumbled feta, and chopped mint.

- 6 Drizzle the dressing over the salad and toss gently with clean hands or salad tongs until all ingredients are evenly coated. Serve immediately while the purslane is crisp.

Tips

Selecting Fresh Purslane: Look for bright green, crisp stems and leaves. Avoid any yellowing or wilted purslane. The stems should feel firm and succulent, not limp or dried out.

Proper Washing Technique: Purslane can trap dirt and sand, so rinse thoroughly under cold running water, gently rubbing the leaves and stems. Use a salad spinner or pat completely dry with paper towels.

Cherry Preparation: Choose cherries that are firm, glossy, and deeply colored. Taste before adding to ensure they're sweet enough to balance the peppery purslane and salty feta.

Feta Selection: Opt for feta stored in brine rather than pre-crumbled for better texture and flavor. Block feta crumbles more attractively and tastes fresher than pre-packaged crumbles.

Dressing Balance: Start with less dressing than you think you need. Purslane's succulent nature means it doesn't absorb dressing like other greens, so a light hand prevents the salad from becoming overdressed.

Serving Temperature: Chill the salad for 30 minutes before serving for the most refreshing experience, especially during warm weather.

Texture Enhancement: Toast nuts like almonds or walnuts lightly in a dry pan for 2-3 minutes to enhance their flavor and add extra crunch to contrast the soft feta and juicy cherries.

Mint Handling: Add fresh mint just before serving to prevent it from bruising and turning dark. Tear larger leaves by hand rather than chopping for better appearance.