Tomato Cucumber Cottage Cheese Bowl

4 generous cold side bowls, about 250 g cottage cheese and vegetables each · Active 15 min · Total 15 min

Ingredients

- Scant 1 3/4 cups pasteurized plain cottage cheese (400 g), kept cold
- 10 oz ripe tomatoes, cored with loose seeds removed, cut in small chunks (300 g prepared)
- 10 oz cucumber, trimmed and seeded if watery, cut in small chunks (300 g prepared)
- 1 oz red onion, very thinly sliced (30 g)
- 2 tablespoons chopped dill (8 g)
- 1 tablespoon fresh lemon juice (15 ml)
- 2 teaspoons olive oil (10 ml)
- 1/4 teaspoon black pepper

Set out

Knife and board, Small dressing bowl, Whisk, Vegetable mixing bowl, Slotted spoon, 4 small serving bowls, Refrigerator

Allergens

Milk. Check labels and substitutions.

Make it

1. Keep cottage cheese refrigerated at 40°F (4°C) or below while washing and preparing vegetables. Take prepared weights after removing cores and very watery seed pockets.

2. Whisk dill, lemon juice, oil and pepper in the small bowl. Toss tomatoes, cucumber and onion with the dressing just before serving.

3. Divide cottage cheese between four bowls,100 g each. Add a quarter of the vegetables alongside using the slotted spoon if excess juice has collected. Serve promptly as generous cold sides; keep any clean reserve components separate and refrigerated.

A slotted spoon protects the dairy texture

Tomatoes naturally release some juice even when carefully prepared. Lifting the salad leaves the cheese creamy instead of treating all vegetable liquid as part of its dressing.

A useful detail

The 15-minute total includes washing and chopping, a small dressing and bowl assembly. This is a cold side with no heating stage, not a shelf-stable cheese salad or a prescribed high-protein meal.

Keep it well

Keep untouched cottage cheese and prepared vegetables separately covered at 40°F (4°C) or below and use within 24 hours or the earliest product deadline. Dress and combine only portions being served. Discard if out longer than 2 hours, or 1 hour above 90°F (32°C), and do not save partly eaten bowls. Do not freeze.