

Moroccan Feggous Salad - Armenian Cucumber with Oregano

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Prep Time 10 mins	Chill Time 1 hr	Total Time 1 hr 10 mins
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Feggous is the Moroccan name for the Armenian cucumber, a curved or "bendy" cucumber that's usually eaten unpeeled and is somewhat drier than a regular cucumber. In Morocco, this variety is available in summer, making this salad the perfect answer to hot weather with its refreshing and thirst-quenching qualities.

If you can't get hold of Armenian cucumbers, try to use Lebanese or English versions as they tend to have less seeds and a softer skin.

Course: Salad
Cuisine: Moroccan
Keyword: feggous salad, Moroccan Armenian cucumber salad
Yield: 4 servings
Calories: 29 kcal
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Ingredients

- 1 lb Armenian cucumber, slightly scraped with a knife; discard seeds if they're too big
- 1/4 tsp salt
- 1 tsp sugar
- 1 1/2 tbs white vinegar
- 1 tsp dried oregano or wild thyme
- 1/4 cup orange juice, freshly squeezed (optional)
- 1/2 tsp [orange blossom water](#) (optional)

Instructions

1. Grate the cucumber either finely or roughly.
2. Mix all ingredients and set aside to chill before serving.
3. Serve in small bowls or deep plates. You can also serve it in small individual bowls and add more orange juice for a runny starter. Very refreshing especially on hot days and alongside a heavy meal.
4. The salad keeps well in the fridge for up to 24 hours.

Recipe Notes

- If making the salad on short notice, you can quickly chill the salad in the freezer for 10 minutes or so.

Nutrition Facts	
Moroccan Feggous Salad - Armenian Cucumber with Oregano	
Amount Per Serving	
Calories 29	
	% Daily Value*
Sodium 147mg	6%
Potassium 197mg	6%
Total Carbohydrates 6g	2%
Sugars 4g	
Vitamin A	3%
Vitamin C	13.2%
Calcium	2.2%
Iron	2.3%

* Percent Daily Values are based on a 2000 calorie diet.