Cucumber and Orange Salad

I cucumber, sliced lengthways, seeded and sliced 1 orange, remove peel and pith and slice into segments 4 spring onions, chopped chopped fresh mint (about 2-3 tablespoons)

Toss the above ingredients together and drizzle with extra virgin olive oil and lemon juice. Season with salt and pepper. Garnish with a handful of black olives, pitted and halved.