

PEACH, PROSCIUTTO AND FETA SALAD



Serves 4 | Prep time: 15 mins

INGREDIENTS

120g rocket
2 peaches, destoned and cut into small wedges
100g Danish feta, crumbled
100g thinly sliced prosciutto
1 tbsp pepitas
2 tbsp freshly torn mint
2 tbsp extra virgin olive oil
2 tbsp red wine vinegar
Salt and pepper to taste

METHOD

1. Place the rocket in a salad bowl and top with peaches, feta and prosciutto. Scatter pepitas and freshly torn mint over the top.
2. Mix the oil, red wine vinegar, and seasoning in a small bowl.
3. Dress the salad before serving.

Serve with noodles or rice. Garnish with sesame seeds and fried shallots.



THE NUTRITION GUY



NUTRITION TIP

Peaches contain a moderate amount of low GI carbs and fibre, plus a decent whack of vitamins A and C and K and potassium. Peaches are the perfect summer snack or addition to salads.