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# Peachy-perfect Salad

A tasty alternative for using tinned peaches - perfect for a summery lunch or dinner.



prep: 25 mins



2 portions



£2.29 per portion

## Ingredients

- Zest and juice of 1 lime
- 2tbsp fresh mint
- 1 crushed/grated garlic clove
- 2 tbsp olive oil
- 1 pack feta cheese\*
- 150g cooked green beans
- 1 tin tinned peaches - drained
- Red onion - cut into wedges
- Mixed salad leaves of choice
- 1 avocado - sliced
- 250g cooked new potatoes

\*photo is with substitute of chicken; see over for other substitutes

## Instructions

- Mix together lime zest and juice, olive oil, mint and garlic
- Cube the feta and add to half of the mixture, and leave to marinate for a little while
- Griddle the onion wedges and peaches until softened (see good to know)
- Pile the salad leaves, feta, onion, avocado and peaches onto a plate, and add in the new potatoes.
- Scatter over some mint and add the remaining lime/mint mixture as a dressing to taste



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## Mix and Match

- Swap out the feta for grilled chicken\*, halloumi, salmon or prawns
- Swap out the green beans for other veggies such as broccoli, edamame beans or asparagus
- Use any mix of salad leaves that you like e.g., little gem, rocket, spinach, watercress etc

## Good to Know

- Make sure you **pat dry** the tinned peaches before you griddle them
- If you don't have a griddle, a frying pan is as good

## Health Benefits

- Packed with anti-oxidants which protect against aging and diseases such as high blood pressure, heart disease and high cholesterol
- 9 (at least) of your recommended 30 plants per week so great for gut health
- Appetite regulation: this salad is packed with healthy fats, lean protein and fibre which all leave you feeling fuller for longer
- Nutritionally dense meaning you are getting loads of different vitamins and minerals in one delicious meal