



Summer stone fruit and vegetable salad (HS)

Serving: 1

Veg

Ingredients

- Peach - 1 small pitted and diced
- Plump - 1 small pitted and diced
- celery - 1 stalk sliced
- cherry tomato - 2 (halved)
- Cherries- 3-4 (pitted and halved)
- Cucumber - 1/4 diced
- black pepper to taste
- salt to taste
- Apple cidar vinegar - 1/4 tsp
- Mint - 1 tbsp chopped
- Capsicum - 1 tbsp
- Olive oil - 1/4 tsp

Preparation Method

- In a large bowl, combine the peaches, plums, celery, tomatoes, cherries, cucumber, and capsicum
- Add salt and black pepper and gently stir to combine. Set aside for 5 to 10 minutes. The salt will start to pull juices from the fruit and vegetables.
- Drizzle in the olive oil, apple cider vinegar, and add the mint . Stir to combine.