


MOROCCAN PEACH SALAD



INGREDIENTS

- 1 x 220g can **Princes Peach Chunks with Juice**
- 150g bulgur wheat
- 120g radish, sliced
- 120g cucumber, chopped
- 50g sultanas or raisins
- 100g pomegranate seeds
- 2tbsp olive oil
- 1tbsp cider vinegar or white wine vinegar
- 2tbsp orange juice
- Salt and freshly ground black pepper
- 50g watercress
- About 10-12 mint leaves

 Serves
4

 Prep
15 minutes

 Cooking
10 minutes

There's a North African influence in this healthy salad, with its combination of bulgur wheat, peaches, dried fruit and mint.

Cooks Tips:

Make a day in advance and store in the refrigerator, though don't add the watercress and mint until you are ready to serve.

You could use a 298g can Princes Mandarin Segments in Juice as an alternative to the peaches, and add 2tbsp of the juice from the can instead of using orange juice.

Use a pack of pre-cooked microwaveable couscous instead of bulgur wheat.

	Calories	Sugars	Fat	Saturated Fat	Salt
250g	277	17g	7.5g	1.1g	0.05g
RI%	14%	19%	11%	6%	1%

METHOD

1. Drain the can of peach chunks. Put them into a large mixing bowl.
2. Cook the bulgur wheat in simmering water with a pinch of salt for 8-10 minutes, until tender. Rinse with cold water and drain well.
3. Add the bulgur wheat to the peaches with the radishes, cucumber, sultanas or raisins and pomegranate seeds.
4. Stir in the olive oil, vinegar and orange juice and season to taste with salt and pepper.
5. Share the salad between 4 serving plates with the watercress and mint leaves scattered on top. Serve at once.

