

Fresh and fruity veg salad

Ingredients

100g cracked freekeh, couscous or rice
½ green, red or yellow pepper
¼ cucumber
6-8 dried apricots
3 x 15ml spoons canned sweetcorn
½ avocado (optional)
½ lime or 2 x 15ml spoons of
reduced fat salad dressing (optional)



Serves 2

Equipment

Saucepan, colander, chopping board, vegetable knife, juicer, mixing bowl, measuring spoon, mixing spoon.

Method

1. Cook the freekeh, couscous or rice according to the packet.
2. Drain and run the freekeh, couscous or rice under cold water to cool.
3. Prepare the ingredients:
 - deseed and dice the pepper;
 - dice the cucumber;
 - chop the dried apricots;
 - drain the sweetcorn;
 - chop the avocado;
 - juice the lime, if using
4. Place the cooled and drained freekeh, couscous or rice in a large mixing bowl and add the pepper, cucumber, apricots and sweetcorn. Mix gently.
5. Top with the chopped avocado, if using.
6. Pour over the lime juice or reduced fat salad dressing, if using.

Top tips

- Focus on fibre – swap cracked freekeh, couscous or rice for wholewheat or brown varieties.
- Get at least 5 A DAY – try adding chopped apple or pear (wash but don't peel), chopped mango or pineapple, or other dried fruit such as sultanas, cranberries or barberries.
- Reduce food waste – use any leftover fruit and veg you can find!

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