



## Spiced fruit and rocket salad

Serves:



Preparation: 10 minutes

### Ingredients

- 1/2 (half) tbsp cider vinegar
- 1/2 (half) tsp ground coriander
- 1/4 (quarter) tsp ground cinnamon
- 1/4 (quarter) tsp ground cumin
- 1/2 (half) tsp sea salt
- 1/4 (quarter) tsp freshly ground black pepper
- 2 tbsp extra virgin olive oil
- 1 peach
- 1 plum
- 2 apricots
- 200g rocket
- 2 tbsp pumpkin seeds
- 50g feta cheese, cubed
- 2 wholemeal pitta breads

### Method

1. In a small bowl, whisk together the vinegar, coriander, cinnamon, cumin, salt and pepper. Slowly whisk in the olive oil to blend all the spices together. Set aside.
2. Cut the fruit into wedges, discarding the stones. Place the rocket into a large bowl together with the fruit.
3. Whisk the dressing again to combine and drizzle over the salad. Toss gently to coat. Top with the pumpkin seeds and feta. Serve with warm pitta on the side.

### Fuel learning

- If you need to study and stay alert in the afternoon, avoid heavy meals at lunch time. Salads are a great way of gaining essential nutrients to fuel the brain, without leaving you feeling sluggish.
- The combination of wholemeal pitta and cheese will provide slow release carbohydrates which will help to keep blood sugar levels stable and therefore aid concentration.

### Tips

- To save time, make double quantities of the dressing and store half in the fridge. It will last for up to a week so you can use it on another occasion.
- If you don't have time to slice and dice, opt for canned plums, peaches or apricots - simply drain out the juice and add to your salad.