

NECTARINE, PEA, BROAD BEAN AND SPELT SALAD


Reynolds
more than just a greengrocer



INGREDIENTS

- 2 ripe Nectarines (stoned and sliced)
- 500g Cooked spelt
- 50gm Flaked almonds (toasted)
- 20gm Flat leaf parsley (picked)
- 10gms Mint leaves (roughly chopped)
- Seeds from ½ Pomegranate
- 2 lemons (juice and zest)
- 100ml smoked olive oil
- 1 bunch spring onion (chopped)
- 500gm fresh peas in shell
- 500gms fresh broad beans in shell
- 20gms Pumpkin seeds
- Salt & pepper



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COOKING METHOD

- 01 Pod , blanch and refresh the fresh peas
- 02 Pod, blanch, refresh and peel the broad beans
- 03 Whisk together smoked olive oil, lemon juice and zest and season well.
- 04 Mix all ingredients together with the dressing except almonds and pumpkin seeds
- 05 Leave to stand for 1 hour for flavour to develop
- 06 Sprinkle with almonds and seeds
- 07 Serve the spelt salad at room temperature

