

JUST PEACHY

Make this scrumptious salad using Rhodes canned peaches

Plucked from trees in the Klein Karoo, Rhodes canned peaches are the juiciest summer fruit. They're rich in fibre, contain no preservatives, retain their vitamins and nutrients and have high levels of iron per 100g. And, they're the healthiest substitute to fresh fruit!

Make this delicious peach salad and enjoy an easy way to increase your 5-a-Day fruit and vegetable intake.

CURRIED CHICKEN, PEACH & PECAN NUT SALAD

Curried dressing: Mix $\frac{1}{3}$ cup (80ml) mayonnaise, $\frac{2}{5}$ cup (100ml) yoghurt, juice and grated peel of $\frac{1}{2}$ lemon (about 40ml), $\frac{1}{3}$ cup (80ml) fruit chutney and 2 tsp (10ml) curry powder together in a bowl.

Salad: Stir $1\frac{1}{2}$ whole cooked chickens,

shredded (about 375ml), 4 - 6 chopped celery sticks, $\frac{1}{3}$ cup (80ml) raisins and 1 can (410g) Rhodes peach slices in syrup (reserve a few slices for garnish), through dressing. Spoon chicken mixture into 4 - 6 lettuce cups and top with $\frac{1}{2}$ packet (50g) chopped pecan nuts, and reserved peach slices.

SERVES 4 - 6



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