

Nectarine, Cucumber, Feta and Almond Salad



Serves	3
Prep time	20 minutes
Cook time	5 minutes
Total time	25 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Glutamates , Preservatives
Suitable for	RPAH Elimination Diet - High Chemical
Meal type	Salad
Misc	Child Friendly , Serve Cold
Occasion	Barbecue , Picnic

Ingredients

- 30ml Malt Vinegar
- 2 1/2 tablespoons Caster sugar
- 2 Spring onions (finely sliced)
- 2 Nectarines (halved, stoned and thinly sliced)
- 1 Small Lebanese cucumber (halved lengthways and sliced)
- 1/4 cup Feta (diced)
- 1/4 cup Almonds (coarsely chopped)
- 2 tablespoons Sunflower oil

Directions

1. Place the vinegar and sugar in a small saucepan over low heat. Cook, stirring until the sugar dissolves. Set aside to cool completely.
2. Combine the nectarine, cucumber, almonds, feta and spring onions in a bowl.
3. Gradually add the oil to the vinegar mixture and whisk until combined. Pour the dressing over the nectarine mixture and toss gently until just combined.
4. Serve immediately.

Note

High Amines, High Salicylates, Low Glutamates