

## Winter Jewel Fruit Salad

I came up with this between Christmas and New Year, when I wanted something joyful, seasonal, free from everything (gluten, lactose, vegan), easy to make, and light, given the amount of other festive food around. It worked – friends' toddlers liked picking out the pomegranate seeds, and the adults demolished the rest. An Iranian friend recommends wearing gloves for de-seeding, but I find the kitchen walls suffer most! The only mildly tricky thing is to get all the pith out. It tastes better made in advance, so it's great for entertaining.



Shopping list (for 4-5 servings):

1 pomegranate  
5 oranges (1 net, or 1 per person)  
A few mint leaves  
A drizzle of maple syrup

### Method

I use a flat glass (flan) dish as it looks pretty.

Cut the skin off the oranges with a knife, so you get all the white pith off. Slice the skinned oranges and arrange them in the dish. You can cut them straight into the dish to save juice. Squeeze the juice out of the flesh that is still on the cut skins.

De-seed the pomegranate, scoring along the thick shell in quarters and then tearing along the natural folds. Do it in a big bowl to spare your surroundings. Scatter the seeds over the oranges.

Chop up a few mint leaves to scatter over it all. You can turn the rest of the mint into mint tea.

Drizzle liberally with maple syrup.

Refrigerate for a couple of hours before serving.



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One in a series of recipes contributed by our volunteers

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