

Apricots will have you feeling just peachy

Apricot season is upon us, and they are a welcome, bright, and fruity addition to any meal, or a delightful snack on their own!

Apricots are a good source of vitamins C, A, potassium, iron, and carotenes e.g. lycopene and lutein, which give them their vibrant colour. Different colours in our fruit and vegetables give us different nutrients, that's why we hear so much about the importance of "eating the rainbow", it means we can get a greater variety of nutrients.

A few weeks ago, we started looking at herbs as sources of beneficial nutrients, and with the intermittent sunshine and showers (putting it mildly!) my herb plants have gone mad. This recipe will take advantage of 2 herb garden regulars who are currently growing in abundance: mint, and parsley.

Mint, commonly used to help with digestive issues, also contains small amounts of vitamins A, C, potassium, and iron, as well as trace amounts of calcium and magnesium.

Parsley is a particularly good source of vitamin K; 1 tablespoon of fresh chopped parsley can provide 70% of the recommended daily intake. It also contains vitamins C, A, folate, potassium, calcium, and magnesium.

Herby Apricot Tabbouleh

(serves 2-4)

2 medium apricots

70g quinoa, cooked to packet instructions

25g fresh parsley

10g fresh mint leaves

2 spring onions

2 tbsp extra virgin olive oil

1 tbsp lemon juice

Salt and pepper

Optional: 1 small garlic clove (finely grated)

Cut the apricots in half and remove the stones, then dice. Remove any thick stems from the ends of the parsley, then finely chop the leaves and finer stems, along with the mint leaves. Finely slice the spring onions. Mix together the olive oil, lemon juice and garlic, with a touch of salt and pepper.

In the bowl you will be serving it in mix the quinoa, apricots, herbs, and spring onions. Lastly pour in the dressing, mixing well. Set aside for a few minutes before serving.

Delicious served as a main with spicy meat or fish and salad, or as a light lunch with some grilled halloumi or tofu!

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