

UK grown strawberries are hitting the shelves of our greengrocers right now causing excitement among customers when they are able to snap some up, and rightly so! Strawberries are the most popular berry in the world and are a good source of vitamins C, B1, B6, and K, folate, pantothenic acid, biotin, iodine, manganese, and potassium. They contain a variety of beneficial plant compounds including several anti-inflammatory anthocyanins, the antioxidant ellagic acid, and the anthocyanidin pelargonidin which is responsible for their vibrant red colour.

Cucumbers are about 95% water, which contributes to keeping us adequately hydrated alongside our fluid consumption, but they still contain small quantities of many beneficial nutrients like vitamins C, A, and K, folic acid, magnesium, potassium, and manganese. They also contain phytochemicals called lignans which are also present in cruciferous vegetables like cabbage, and members of the allium family such as garlic and onion.

Strawberry and cucumber salad

(serves 4-6)

400g strawberries

1 cucumber

1 handful basil leaves

1 handful mint leaves

½ tbsp lemon zest (finely grated)

1 tbsp extra virgin olive oil

Pinch black pepper

Optional extras: drizzle of balsamic vinegar, or a sprinkle of feta, lemon juice as well as the zest



Remove the stalks from the strawberries and slice in half lengthways (cut any larger ones in to quarters) and place in a salad bowl ready to add the rest of the ingredients.

Cut the ends off the cucumber, cut into quarters lengthways and slice into bite-sized chunks, adding them to the strawberries. Feel free to remove the seeds if you prefer.

Finely slice the basil and mint leaves (not the stalks) and add to the salad bowl with the lemon zest, extra virgin olive oil and a pinch of black pepper and mix well. Ideally let it sit for 10-15 minutes before serving to allow the flavours to mix.

This lovely light salad showcases these two quintessentially British ingredients and would make a delightful addition to a Jubilee weekend gathering, be it a buffet or a barbeque!

Rebecca Vincent BSc (Hons)

BANT registered nutritionist

07515 019430

www.rebeccavincentsnutrition.co.uk