

COLDPRESSED

# the Good Oil



50% LESS  
SATURATED FAT  
THAN OLIVE OIL

IDEAL FOR FRYING,  
ROASTING, DRESSING  
AND BAKING

GROWN  
AND PRESSED IN  
NEW ZEALAND

## Peach, Prosciutto & Broccocini Summer Salad with Chilli & Mint Vinaigrette

### Vinaigrette Ingredients:

¼- ½ red chilli, seeds removed for less heat & finely diced (omit for kids)

Juice of ½ a lemon

½ tsp red wine vinegar

½ tsp Dijon mustard

1-2 Tbsp roughly chopped mint leaves

1 clove garlic, miced

4 Tbsp The Good Oil

### Salad Ingredients:

6 ripe peaches, cut into wedges

2 handfuls mesclun, rocket or baby spinach leaves

80g-100g prosciutto or Parma ham

250g fresh mozzarella or broccocini, torn into bite-size pieces

8-10 fresh basil leaves

½ red onion, thinly sliced

### Method:

Combine all vinaigrette ingredients in a jar with a lid. Shake until combined. If you don't have a jar, whisk in a bowl.

Lay all salad ingredients attractively on a platter and drizzle with vinaigrette.

**Note:** If you have the BBQ out you could grill your peaches. Heat BBQ grill to medium high. Brush peaches well with The Good Oil and season. Cook peaches, on oiled grates for 1-2 minutes each side, until well charred.