
Grilled peach and prosciutto salad with yoghurt dressing



Serves 4

Ingredients

175g sugar snap peas, tendrils and flowers

Olive oil spray

4x firm ripe peaches, stones removed and quartered

8x slices prosciutto, fat trimmed & torn

125g baby rocket leaves

½ cup mint leaves

1 tb olive oil.

Dressing

3 tb natural yoghurt

1x small red chilli seeds removed, finely diced

1 tb lemon juice

½ tsp caster sugar.

Method

- Whisk all dressing ingredients together, season with salt and set aside.
- Blanch sugar snap peas for one minute, drain and refresh in ice cold water.
- Heat chargrill pan, spray the peach quarters with cooking spray and season with salt and pepper.
- Grill the peaches each side for 1 minute until flesh sides are charred.
- Arrange peaches, peas, prosciutto, rocket and mint in a bowl, drizzle with dressing and finish with tendrils and flowers.