

Arugula Fig Peach Salad

From: The Good Mood Kitchen, Norton 2017 Leslie Korn

The Buddha gained enlightenment while sitting under a fig tree, perhaps because he was eating the figs that were dropping all around him. Figs are rich in antioxidants, minerals and mood boosting amino acids like tryptophan. The combination of these sweet fruits and bitter greens in this end of summer salad, awakens the senses and stimulates joy. Add some nuts, thinly sliced hard cheese or crisped serrano ham to make a whole meal.

6 ripe Figs
3 ripe Peaches
Arugula (Half a bunch)
Fresh parsley sprigs
Sea salt

Wash and dry the greens and then drizzle virgin olive oil very lightly over the greens, salt, toss and set aside. Cut the peaches into slices and halve the figs. Heat some olive oil in a pan and when hot, place the fig cut side down in the pan and sear for 10 seconds only. Remove and cool. Top the greens with the fruit, and lightly drizzle balsamic vinegar, toss and serve.