

Pomegranate



The seeds in this fruit are edible.

1 = 1 of
your 5 a
day



1 Using a small knife cut fruit in half.



2 Cut fruit into quarters, so that seeds can be easily removed.



3 Holding the quartered fruit at each end turn fruit inside out and push away seeds into a bowl using fingers.

Tips

To make a rice salad, mix a handful of pomegranate seeds with rice, a handful of chopped fresh parsley or mint and spring onions.