What can I do with a clementine?

Watercress, sardine and clementine salad

You will need: zest and juice of 1/2 lemon, 1 tablespoon olive oil, coarse salt and pepper, 2 cups watercress sprigs, 1/4 small red onion (sliced), 1 tbsp fresh tarragon, 2 peeled clementines (sliced), 1 (100g) can olive-oil packed sardines, 3 tbsp toasted pumpkin seeds, vinaigrette.

- Whisk the lemon zest and juice with olive oil. Season with salt and pepper.
- Arrange the watercress, red onion and tarragon on a platter.
- Top with clementine slices, drained sardines and pumpkin seeds. Season with salt and pepper and drizzle with vinaigrette.

No bake kiwi cheesecake

To make the crust, mix 12 tsp of crushed digestive biscuits, 1 tsp of melted butter and 2 tbsp of sugar together until well blended. Fill into a mini cheese cake pan and press down firmly. Bake for 5 minutes at 180°C or gas mark 4. Allow to cool completely.

For the cheesecake, beat 225g of icing sugar and 225g of cream cheese together until light and fluffy. Beat 250ml of whipping cream separately until soft peaks form. Mix the two together and add 1 tsp of vanilla essence. Fill on top of the digestive biscuit base and allow to chill for 2-3 hours.

For the topping, cook 2 kiwis (peeled and chopped) with 2 tbsp of sugar and then blend in a blender. Allow to cool slightly and then add 1 tbsp of gelatin. Mix until it thickens and then spoon over the cheese cakes. Serve chilled.

Makes 12 servings.

FRUIT OF THE MONTH: Kiwi

Kiwi fruit is full of promising health promoting vitamins and minerals. The fruit is an excellent source of Vitamin C. Consumption of foods rich in Vitamin C help the body develop resistance against infectious agents. Additionally, it is an excellent source of omega-3 fatty acids and minerals such as manganese, copper, iron and magnesium.

2 kiwi fruit consist of one of your five a day.

100 g of kiwi fruit provides:

- 61 calories
- 1.14g protein
- 0.52g fat
- 14.66g carbs
- 3g fibre