Orange and pomegranate salad

1 ripe pomegranate
3 oranges
0.33 cup coriander leaf
2 tablespoons good-quality Extra Virgin Olive Oil
1 tablespoon sea salt

- Cut pomegranate in half and, holding each half cut-side down over a bowl, tap the skin all over with a wooden spoon. Gradually, the jewel-like seeds will loosen and fall into the bowl.

2.
- To extract the juice, squeeze each half over the bowl.

3.
- Remove skin and pith from oranges and cut flesh into 5 mm (¼ in) slices.

4.
- Add to bowl with pomegranate seeds and juice. Add remaining ingredients, mix well and serve.