

Caribbean Fruit Salad



L Prep: 20 minutes

L Cook: 0 minutes



Serves: 6-8

Recipe info

Ingredients

1 orange
1 lime
1 level tbsp soft brown sugar
(optional)
1 tbsp chopped crystallized ginger
1 mango
½ cantaloupe melon
½ fresh pineapple
2 bananas
1 lemon
3 tbsp fresh desiccated coconut

Equipment

Chopping board
Sharp knife
Lemon squeezer
Large mixing bowl
Mixing spoon
Measuring spoons



Description

A delicious mixture of tropical fruit with an exotic tang!

Method / What to do

1. Cut in half and squeeze the orange and lime.
2. In the bowl stir together the sugar, orange and lime juice, and chopped ginger.
3. Prepare the fruit (make sure the fruit pieces are not too small):
 - Peel, stone, and dice the flesh of the mango.
 - Remove the seeds, peel and dice the melon.
 - Cut top and bottom off the pineapple, cut into quarters, cut out hard centre, remove flesh, cut into small pieces.
 - Squeeze the lemon juice to pour over the banana slices.
 - Peel and slice the bananas, cover with lemon juice
4. Gently stir the fruit into the juice in the large bowl.
5. Sprinkle the desiccated coconut over the fruit.
6. Serve immediately.

Teaching points

- ⦿ Take care preparing the fruit, as juicy fruit is hard to hold and slice.
- ⦿ Tossing the banana in lemon juice prevents it from turning brown.