

Pineapple, Mint and Cucumber Salad

Serves: 1

Prep time: 15 Minutes

Cooking time: Nil

Ingredients:

- 1 cup of fresh pineapple pieces
- 1 cheek of red capsicum, sliced
- ½ Lebanese cucumber, quartered and sliced
- 2 slices red onion, separated
- ¼ cup chopped, fresh mint
- 1 tablespoon chopped, parsley



Bring on the Barbecue's
*This refreshing **Pineapple, Mint and Cucumber Salad** is full of fresh fruity flavours and makes a great addition to any BBQ .
Enjoy!*

Method:

- Add all ingredients to a bowl, and gently toss to combine
- Arrange the salad onto a serving dish or bowl
- **Serve and Enjoy!**

Note:

The juice of the pineapple becomes the dressing, and it brings out the natural flavours of the ingredients. You could also use a dressing of choice to add extra flavours if you prefer.