



RECIPE | CUCUMBERS

GRILLED PINEAPPLE AND CUCUMBER SALAD



15 min
PREP



4



easy

20 min

5 min
COOKING

INGREDIENTS

FOR THE SALAD:

2 dry pints Pure Flavor® Uno Bites™ Nano Cucumbers, chopped

1 dry pint Pure Flavor® Juno® Bites Red Grape Tomatoes, cut in half

1 pineapple

1 red chilli, halved

½ cup coriander, chopped

½ cup mint, chopped

⅓ cup roasted peanuts

¼ red onion, thinly sliced

FOR THE DRESSING:

1 lime, juiced

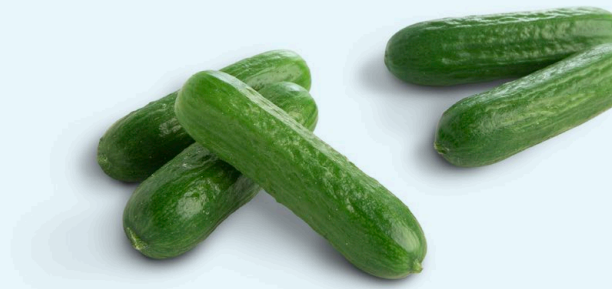
3 tbsp peanut butter

1 tbsp rice vinegar

1 tsp garlic, minced

1 tsp chilli, chopped

1 tsp soy sauce



DIRECTIONS

- 1 For the dressing, in a food processor add peanut butter, rice vinegar lime juice, garlic, chilli and soy sauce. Blitz until a smooth paste.
- 2 Preheat grill to medium high. Peel pineapple and cut lengthwise, cut cucumbers into long strips lengthwise.
- 3 Grill pineapple slices for 45 seconds. Cut grilled pineapple into small cubes.
- 4 In a large mixing bowl, place pineapple, cucumbers, tomatoes, red onions, red chillis, half of the roasted peanuts, coriander and mint together. Toss salad together.
- 5 Serve into a serving plate and scatter remaining roasted peanuts on top.
- 6 Drizzle peanut dressing over and serve.