

Feelin' Fruity Fresh



TIME TO
PREPARE

15
minutes



COOK
TIME

0 minutes



SERVING

4 People



PREPARED BY

<https://www.swsas.org.au/>

Ingredients

- 1 mango
- 1 pineapple half
- 1 cup raspberries
- 1/2 cup blueberries
- 1 honeydew half
- 1 bunch grapes
- 1 kiwi fruit
- Mint leaves

Method

01. **Gather equipment needed:** Chopping board, sharp knife, large plate or serving platter and peeler if required. Wash all ingredients!
02. Slice mango in half (length ways) and work your way around each side of the seed. Trim the edges around the seed also so there is minimal waste. With the cheeks use the tip of the knife to cut cubes into the flesh being careful not to pierce through the skin.
03. Cut top and bottom off the pineapple half to create a stable base. Then cut the outer layer of the pineapple off leaving only the yellow centre. You can now cut sections off around the core and dice into bite size pieces.
04. Cut the top and bottom off the honey dew same as pineapple to create a stable base to peel the skin. Then deseed with a spoon before dicing into bite size pieces.
05. Slice the Kiwi and tear leaves from mint for garnish.
06. Plate all fruits in a decorative fashion on the platter and ENJOY!

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