

# Mango, Coconut and Grilled Pineapple Salad - Asia

## Ingredients:

- 4 slices of fresh Pineapple, sliced 1 cm thick
- 1 T Canola or Coconut Oil, for grilling
- 1 C fresh Coconut, shaved
- 1 Mango, thinly sliced
- $\frac{1}{2}$  Red Onion, medium thinly sliced
- 1 Cucumber, remove seeds, slice thinly
- 1 C Coriander Leaf
- 8 Basil Leaves

## Salad Dressing

- $\frac{1}{4}$  cup Coconut Milk
- $\frac{1}{4}$  cup Chilli Lime Dressing (See Recipe in this booklet)
- Salt & Pepper

## Instructions:

Brush pineapple lightly with oil and season.

BBQ on char grill for a few minutes each side.

Place on plate as base for the salad.

Mix rest of salad ingredients together, combine coconut milk with chilli lime dressing and pour over salad just before serving

Yields 4 servings

