FRESH & COOL

# Tropical Fruit Salad with Lime and Mint Syrup

| PREP | COOK | SERVES |
| --- | --- | --- |
| 20 min | 5 min | 6 |

Vegan Vegetarian

Mango, pineapple, kiwi and passion fruit tossed in a lime and mint syrup. Fresh and vegan.

## Ingredients

### For the syrup

- 3 tbsp sugar
- 3 tbsp water
- Zest and juice of 2 limes
- A handful of fresh mint, chopped

### For the salad

- 1 ripe mango, diced
- 1/2 pineapple, diced
- 3 kiwis, peeled and sliced
- 2 passion fruits, pulp scooped out

## Method

1. Simmer the sugar and water in a small pan for 2 minutes until the sugar dissolves. Cool completely.
2. Stir the lime zest, lime juice and most of the mint into the cooled syrup.
3. Combine the mango, pineapple and kiwi in a large bowl.
4. Pour over the syrup and toss gently.
5. Spoon the passion fruit over the top, scatter with the remaining mint, and chill for 20 minutes before serving.

### Cook's tip

Only add the passion fruit at the end. It stays juicy and its seeds do not sink.