



ROYAL  
VOLUNTARY  
SERVICE

# CALYPSO AVOCADO

## Pineapple Salad

**SERVES 4-6**

### Ingredients

- 1 avocado, peeled, pitted and diced**
- ½ fresh pineapple, cored, peeled and diced**
- 1 mango, peeled, pitted and diced**
- 1 bonnet pepper, finely diced**
- 1 red bell pepper, cored, de-seeded and diced**
- 2 tomatoes, diced**
- ½ cucumber, diced**
- 1 cup of spring onions, diced**
- 3 tbsp coriander**
- 2 tbsp flat parsley**
- 6 tbsp lime Juice**
- 3 tbsp olive oil**
- 3 pinches sea salt**
- 2 pinches ground black cracked pepper**



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## Equipment

1 medium mixing bowl

1 chopping board

1 spatula

## Method

1. Combine all ingredients in a bowl and stir until mixed.
2. Can be served immediately, but for best results, cover and refrigerate for about an hour. This allows the infusion of the lime and sea salt throughout your salsa, intensifying the taste.

**OUR THANKS TO MIKE SPRINGER FOR THIS GUIDE.**

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