

Lemon Grass & Ginger Infused Fruit Salad

Serves 8

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Ingredients

60g castor sugar
125ml water
2cm x 2cm piece fresh ginger, thinly sliced
1 stem lemon grass, bruised and halved
1 large passionfruit
1 papaya, 500g
½ honeydew melon, 800g
1 large mango, 500g
1 small pineapple, 1kg
15g fresh mint, shredded

Method

1. Place the sugar, ginger and lemon grass in a small saucepan, add water and stir over low heat to dissolve the sugar. Boil for 5 minutes, or until reduced to 80ml (1/3 cup); cool. Strain the syrup and add the passionfruit pulp.
2. Peel and seed the papaya and add melon. Cut into 4cm cubes. Peel the mango and cut the flesh into cubes, discarding the stone. Peel, halve and core the pineapple and cut into cubes.
3. Place all the fruit in a large serving bowl. Pour on the syrup, or serve separately if preferred. Garnish with shredded mint.

Nutrition Information (Per Serving)

Energy	160 kcal
Protein	3.0 g
Total Fat	0.8 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Carbohydrate	30 g
*Carbohydrate exchange	2 exchange
Dietary Fibre	6.0 g
Sodium	36 mg

