

FRUIT SALAD

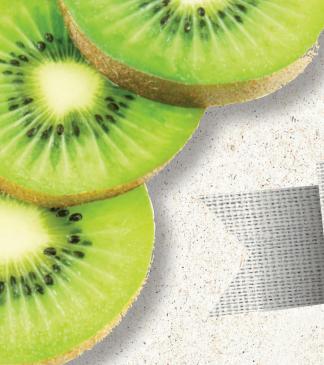
DID YOU KNOW? ☺

Fruit salad is a great way to get one or more portions of your 5-a-day—it all depends on how much you eat!

MAKE IT! ☺

Watch the video:
youtu.be/alOrBkNbhf8

Chef Mark shows you how to make this recipe at home!



FRUIT SALAD

DO IT! ➤

SERVES: 8

GET IT! ➤

INGREDIENTS

- 1 lemon, juiced
- 2 Granny Smith apples
- 1 pear
- 2 oranges
- 1 kiwi fruit
- 100g seedless white grapes
- 10 strawberries
- 30g blueberries
- Fresh mint to garnish

This recipe was created by
Harrison's Director of Food
and Service Mark Stower.

Prep time: 30 minutes

1. First, wash all the fruit that will not be peeled—apples, pears, grapes, strawberries and blueberries—under cold water and then allow to drain in a colander or on kitchen towels.
2. Cut the lemon in half and squeeze the juice into a large bowl, removing any pips.
3. Cut the apples into quarters and cut out the cores. Then cut each quarter into chunks and add to the bowl. Mix to cover the apples with the lemon juice, which will keep them from going brown.
4. Cut the top and bottom off of the pear and then cut and core it as you did the apples. Add the pear chunks to the bowl and mix.
5. Peel and segment the oranges and add to the bowl.
6. Peel and slice the kiwi and add to the bowl.
7. Pick the grapes, slice each in half, and add to the bowl.
8. Remove the stems from the strawberries and cut them in half. Add to the bowl, along with the blueberries, and gently mix all the fruit together.
9. Spoon into individual glass dishes, garnish with a sprig of mint and serve.