



Tropical Mock-tail

Serves 6

Ingredients:

- ½ cup honey
- 1 jalapeno pepper, first cut 6 thin slices for garnish, roughly chop the remaining flesh
- 2 cups pineapple, flesh cubed (keep 6 pieces for garnish)
- 2 cups orange juice
- 2 mangos, flesh diced (keep 6 pieces for garnish)
- 1 cup ice
- ½ cup fresh lime juice

How to Make:

1. Place all the ingredients (except the garnish) into a blender, blend until smooth.
2. Pour into tall ice filled glasses, garnish with skewers of pineapple, jalapeno and mango.

Pineapple ginger sweet tea juleps

Serves 10

Ingredients:

- 1 Dole pineapple, peeled and flesh diced
- 1x 1-liter bottle sugar free ginger ale
- ½ cup honey
- 1 bunch fresh mint (reserve 10 leaves for garnish)
- 4 bags English black tea

How to Make:

1. Place the pineapple and ginger ale into a blender, blend until smooth, then pour into a deep baking dish. Freeze overnight.
2. Bring 4 cups of water, the honey and mint to a boil, remove from the heat and add the tea bags, allow the tea to cool, approx. 1 hour, and strain into a pitcher and refrigerate until needed.
3. Scrape the pineapple ginger ale ice with a fork and divide among tall glasses. Add the cold tea and garnish with mint leaves. Serve.

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Fresh Noodle Salad

Serves 6

Ingredients:

- 8 cups zucchini noodles
- 2 cups fresh or frozen peas (Allow to defrost)
- ½ cup mint leaves
- 3 cups arugula
- 1 lemon, juice of

For the Pesto:

- 1 cup fresh basil leaves
- ¾ cup extra virgin olive oil
- ½ cup grated Parmesan cheese
- ¼ cup pine nuts
- 2 garlic cloves, peeled
- 1 lemon, juice of
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper

How to Make:

1. To make the pesto, place all the ingredients into a small blender and blend until smooth.
2. In a large bowl, combine the zucchini, peas, mint and the pesto together, gently stir through the rocket at the last minute.
3. Squeeze over some lemon juice and serve with extra parmesan cheese if required.

Grilled Peach & Red Onion Salad

Serves 4

Ingredients:

- 2 cups couscous
- 4 cups low in sodium vegetable stock or chicken stock
- ¼ cup raisins
- ¼ cup pine nuts
- 2 tablespoons freshly chopped parsley
- 1 lemon, zest and juice of
- 1 red onion, peeled and cut into eight
- 2 large peaches, cut in half, stone removed
- 4 cups arugula
- ½ cup Greek yogurt

How to Make:

1. Place the couscous into a medium size bowl. Bring the stock to boil, then pour the stock over the couscous, stir well. Then place a lid or plastic wrap tightly over the bowl and allow to sit for 10 minutes.
2. Heat a griddle pan until very hot. Then add the onion wedges and cook for 2 minutes each side, then transfer to the plate lined with paper towel.
3. Cut each peach half into quarters and add to the griddle pan and cook for 1 minute each side. Remove and set aside.
4. Remove the lid or wrap from the bowl, take a fork and fluff up the couscous, then add the raisins, pine nuts, parsley, lemon juice and zest.
5. Tip the couscous into a serving bowl, scatter over the arugula, onions and peaches, season with freshly ground black pepper.
6. Drizzle over the Greek yogurt and serve.