

Banana and Kumara Salad

2 kumara (about 450g)
2 banana, peeled and sliced
1 cup chopped pineapple (fresh or tinned)
2 Tbsp roughly chopped roasted peanuts
1 red pepper, cut into thin strips
3 spring onions, finely sliced

Dressing

2 tspn finely grated lemon rind
2 Tbsp lemon juice
1 Tbsp polyunsaturated oil
1 Tbsp sweet chilli sauce
freshly ground black pepper

Scrub the kumara but do not peel. Cut in half and boil or steam until softened but still firm. Drain and cut into bite-sized chunks. Place the kumara, banana, pineapple, peanuts and spring onions in a bowl. Pour the dressing over and mix well, Serve either warm or chilled.

Dressing

Place all ingredients in a jar and shake well

Optional extra

Add 1 Tbsp light coconut milk to the dressing.

Health Habits: