

# Fruit Salad Cups & Kebabs



## Classification:

Everyday

## Serves:

10

## Prep. Time:

10 min

## Cooking Time:

0 hours

## Ingredients:

- 1.2kg pineapple, cubed
- 1.6kg rockmelon, chopped
- 2 punnets of strawberries, quartered
- 400g seedless grapes
- 4 peaches, cored, chopped
- 4 kiwifruits, peeled, chopped
- 1 apple, cubed
- 1 orange, cubed
- 2 limes or lemons

## Method:

1. Wash all fruit with cold water prior to chopping.
2. Cut up as directed.
3. Combine in a large bowl and add juice from lime or lemon.
4. Serve in individual cups OR thread chopped fruit onto skewer.  
Place the softer fruits towards the centre and the harder fruits on the outside e.g. apple and pear on the ends.
5. Cover and refrigerate until needed. Kebabs can be served fresh or frozen.

## Equipment:

- Knife
- Large bowl
- Paper cups
- Cling wrap
- Wooden skewers (optional)

## Tips and Variations:

- Any unused fruit can be blended and made into fruit ice blocks. Place  $\frac{1}{2}$  cup of blended fruit mix in a plastic cup and fill to  $\frac{3}{4}$  full of water. Place a wooden skewer in the middle and freeze. These can be stored in the freezer for a couple of weeks.
- Canned pineapple can also be used. Adding some of the natural juice from the can means you can omit the lime or lemon juice.
- Drizzle fruit with lemon juice or lime to stop it from turning brown.