

# Grilled Pineapple Salad

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2 Portions Easy 15 Minutes



### Ingredients:

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- 6 - 8 g Walnuts
- 50 g Sugar (3 tbsp)
- 2 g Pineapple rings canned
- 3 - 4 Pieces Lettuce Mix Leaf, torn into bite size pieces
- 1 Slices Capsicum ¼ each Red, Yellow and Green
- 60 g FunFoods Zer0Fat Dressing Smokey Pineapple
- 50 g Feta Cheese crumbled

### Further information:

- 1 In a non-stick pan (medium flame), add walnuts and sugar.
- 2 When sugar mixture starts melting, stir constantly until all sugar is melted and nuts are coated. Transfer immediately on to a plate and separate the nuts right away.
- 3 Heat non-stick pan (medium flame) and grill pineapple rings from both sides until light golden brown.
- 4 For assembling- In a bowl add lettuce, grilled pineapple, capsicum, walnuts and dressing. Mix gently, place salad in a bowl, sprinkle cheese and serve.

	PER PORTION	PER 100 G / ML
Energy	26310 kJ	348 kJ
	6284 kcal	83 kcal