

# Ugandan Fruit Salad

Mango and banana plus mixed fruits and a garam masala dressing.

This is a **Fairtrade** and English<sup>1</sup> adaptation of a recipe by Tine Wasserman.

Ingredients are for 6 to 8 portions.

## Ingredients

### *Salad*

- 3 ripe **FAIRTRADE** mangoes
- 2 kiwi fruits
- 2 **FAIRTRADE** bananas
- 25 g **FAIRTRADE** Tropical Wholefoods sun-dried pineapple
- 25 g **FAIRTRADE** dried apricots
- 1 small **FAIRTRADE** orange
- 25 g **FAIRTRADE** sultanas

### *Dressing*

- 1 **FAIRTRADE** lemon
- 50 g shredded coconut
- 5 g garam masala
- 10 ml **FAIRTRADE** runny honey

## Method

Skin and puree the flesh of one mango, and dice the flesh of the other mangos. Put the mango flesh and puree into a salad bowl.

Skin and dice the kiwi fruits.

Skin and slice the bananas.

Cut the dried pineapple into pieces.

Chop the apricots into quarters or smaller.

Skin the orange, break into quarters and slice the quarters.

Add the kiwi, banana, pineapple, apricots, orange, and sultanas to the mango mixture and

turn gently.

Juice the lemon and discard the pith and peel.

Put the lemon juice, coconut, garam masala and honey into a small bowl and combine to a paste with the back of a spoon. Cut the paste into little chunks (using a teaspoon) and add to the fruit bowl.

Turn very gently.

Chill well.

## Serve

Serve with cream or ice cream.

## Notes

Apart from the mango it's OK to vary the fresh fruit, and/or use fresh pineapple.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>