

Pineapple, Spicy Peanut, Mint + Cucumber Salad



## *Vitamin C +++*

**Hero Ingredient:** Pineapple

**Beauty Nutrients:**

Vitamin C- antioxidant, Helps to fight free radical damage required for the formation of collagen.

Ellagic Acid- inhibits an enzyme that is responsible for the breakdown of collagen.

#eatyourglow

# *Vitamin C +++*

## **Ingredients:**

1 pineapple, peeled and cut into 3 cm pieces  
1 tsp palm sugar  
1 cucumber, cut into rounds  
1 red chili, thinly sliced  
2 limes, zested, juiced  
1 tbs rice vinegar  
2 garlic cloves, chopped  
1/2 cup flaxseed oil

## **Directions:**

1. For the dressing- mix the lime, vinegar, garlic, flaxseed oil in a food processor or whisk by hand to a thick, smooth consistency then season with salt and set aside.
2. For the salad- place pineapple on an oven tray, scatter with sugar, and grill on low for 5 minutes or until dark and caramelised. Cool slightly.
3. To assemble - In a bowl toss together pineapple, sliced chili, chopped roasted peanuts, cucumber. Season, then serve drizzled with dressing.

Prep Time: 10 MINS Cook Time: 5 MINS

Serves: 2 People