

GRILLED PINEAPPLE WITH MINT AND LIME 'PESTO'

INGREDIENTS:

- 1 pineapple
- 1 large handful fresh mint (around 8 stalks)
- Juice and zest from 1 lime
- 4 tbsp caster sugar

NOTES:

You could prepare the mint dressing in advance and keep in a sealed jar in the fridge for a few hours.

Preparation time:

20 min

Cook time:

5-10 min

Total time:

30 min



DIRECTIONS:

1. Cut the pineapple, lengthwise into wedges and carefully cut off the peel.
2. Remove the mint leaves from the woody stems (discard stems).
3. In a processor whizz up the mint, sugar and lime juice/zest (if you don't have a processor, chop the mint finely and mix everything together in a bowl or pestle and mortar)
4. Make sure the bars on your barbecue grill are clean (use a wire brush to remove any residue) and cook the pineapple until just beginning to char and the natural juices start running.
5. Remove from the heat and spoon over the sugar/mint/lime mix.
6. Serve as is or with your favourite vanilla ice cream.