

# Xiangjiao Salad

Juicy bananas and mixed fruit salad with a lemon and honey dressing. (This is an English<sup>1</sup> creation with global pretensions).

Xiangjiao is Chinese for banana.

Its OK to vary the fruit with the seasons, but the bananas should dominate.

## Ingredients

### *Salad ingredients*

- 3 **FAIRTRADE** bananas
- 1 **FAIRTRADE** mango
- 2 kiwi fruits
- 1 crispy apple (e.g. a Braeburn)

### *Dressing ingredients*

- 50 ml Greek-style yoghurt
- 1
- 5 g **FAIRTRADE** ground cinnamon
- grating nutmeg
- 20 ml **FAIRTRADE** runny honey

Juice the lemon and add to the yoghurt, discarding pith and peel.

Measure in the cinnamon and grate in the nutmeg.

Add the runny honey and mix thoroughly.

Pour the dressing over the fruits and turn gently to coat them.

Chill in the fridge for 30 minutes.

## To serve:

Serve chilled with **Fairtrade** ice cream.

## Method

### For the salad

Skin the bananas and chop into 1 cm chunks into a salad bowl.

Pit and skin the mango and chop in to the bowl with the chopped bananas.

Skin and chop the kiwi fruits, de-core the apple, and chop into the bowl.

Turn the fruit gently to mix.

### For the dressing

Measure in the Greek yoghurt in to a small mixing bowl.

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