



Grilled Fruit and Avocado Herb Salad

Ingredients

- 2 fresh peaches
- ½ fresh pineapple
- ¼ fresh watermelon
- 1 avocado, halved and pit removed
- 1 Tbsp olive oil
- 1 lime, juiced and zest
- Handful of fresh mixed herbs (cilantro, mint and basil)
- Pinch of salt to taste

Method

1. Wash fruit and prep for grill. Cut peaches into halves, and pineapple and watermelon into wedges.
2. Brush avocado halves with olive oil and a sprinkle of salt.
3. Toss fruit in a tablespoon or so of olive oil and place on the grill with the avocado.
4. Grill both the fruit and the avocado 4-5 mins on each side, until grill marks show, and the avocado skin is slightly charred.
5. Remove from grill and chop fruit into bite size chunks.
6. Place fruit into a salad bowl and toss with lime juice, fresh herbs, lime zest and salt to taste.

<http://www.thesocial.ca/food/recipes/meat-free-recipes-for-your-next-bbq>