



# Pineapple, Mint and Avocado Salsa



Serves  
4



Prep  
15 minutes



Pineapple chunks give this salsa a lovely refreshing taste – and the chilli gives a lively kick!

**Cooks Tips:**

This delicious salsa makes a great topping for crispbread – even better if spread with some low fat soft cheese first!

You could use spring onions instead of red onion, and parsley instead of mint.

Use bottled lime juice for speed, or substitute lemon juice instead.

	Calories	Sugars	Fat	Saturated Fat	Salt
127g	252	7.4g	17g	3.4g	0.65g
RI%	13%	8%	24%	17%	11%

## Ingredients

1 x 227g can Princes Pineapple Chunks with Juice  
1 large ripe avocado, peeled, pitted and finely chopped  
2tbsp finely chopped red onion  
1tbsp finely chopped red chilli  
1tbsp chopped fresh mint  
1tbsp olive oil  
2tbsp lime juice  
Salt and freshly ground black pepper  
Tortilla chips, to serve

## Method

1. Drain the can of pineapple and chop the chunks in half. Put them into a mixing bowl.
2. Add the chopped avocado, red onion, chilli and mint.
3. Stir in the olive oil and lime juice and season to taste with salt and pepper.
4. Serve with tortilla chips.

