FOOD & COOKING
WITH CHEF ROSS

Melon, Pineapple and Mint Salad



Preparation: 20–30 minutes | Cooking: None | Makes: 1 large bowl

What you need

Ingredients



- ½ watermelon
- ½ pineapple
- ½ bunch fresh mint

Optional serving additions

- Lemon juice, to taste
- Chia seeds or sunflower seeds

Equipment



- Chopping board and knife
- Large bowl and spoon
- Covered container

Let’s make it



1. Wash the watermelon

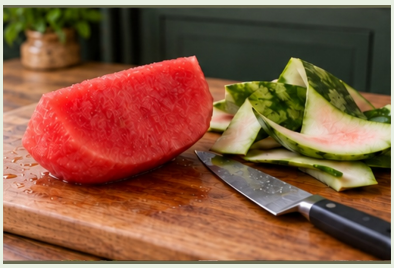
Wash the outside of the watermelon.

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2. Make smaller pieces

Cut the watermelon into pieces that are easy to handle.



3. Remove the rind

Cut away the green watermelon skin and the white part beneath it.



4. Cut watermelon pieces

Cut the red watermelon flesh into bite-sized pieces.



5. Wash the pineapple

Wash the outside of the pineapple.

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6. Remove pineapple skin

Cut off the pineapple top and bottom, then cut off its tough skin.



7. Remove core and cut

Remove the hard centre of the pineapple and cut the fruit into bite-sized pieces.



8. Prepare the mint

Wash the mint.

Pull off the leaves and chop or tear them.



9. Mix and serve

Put the fruit and mint in a large bowl.

Mix gently.

Add optional lemon juice or seeds when serving.

Serving and storage

- Serve chilled.
- Add any seeds immediately before eating.
- Refrigerate cut fruit promptly in a covered container at 5°C or colder.
- Use within 2 days for best quality.
- Use clean utensils to serve.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative. Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.