



## Annabel Karmel's perfect pairings for sizzling summer play!

"Fuel your little chef this summer with my zingy pineapple salad boats! Packed with colourful ingredients inspired by the LeapFrog Smart Sizzling BBQ Grill™, it's the perfect side for little and big grill masters."

*Annabel Karmel*



### Zingy Pineapple Salad Boats MAKES 2 PINEAPPLE SALAD BOATS

#### Ingredients

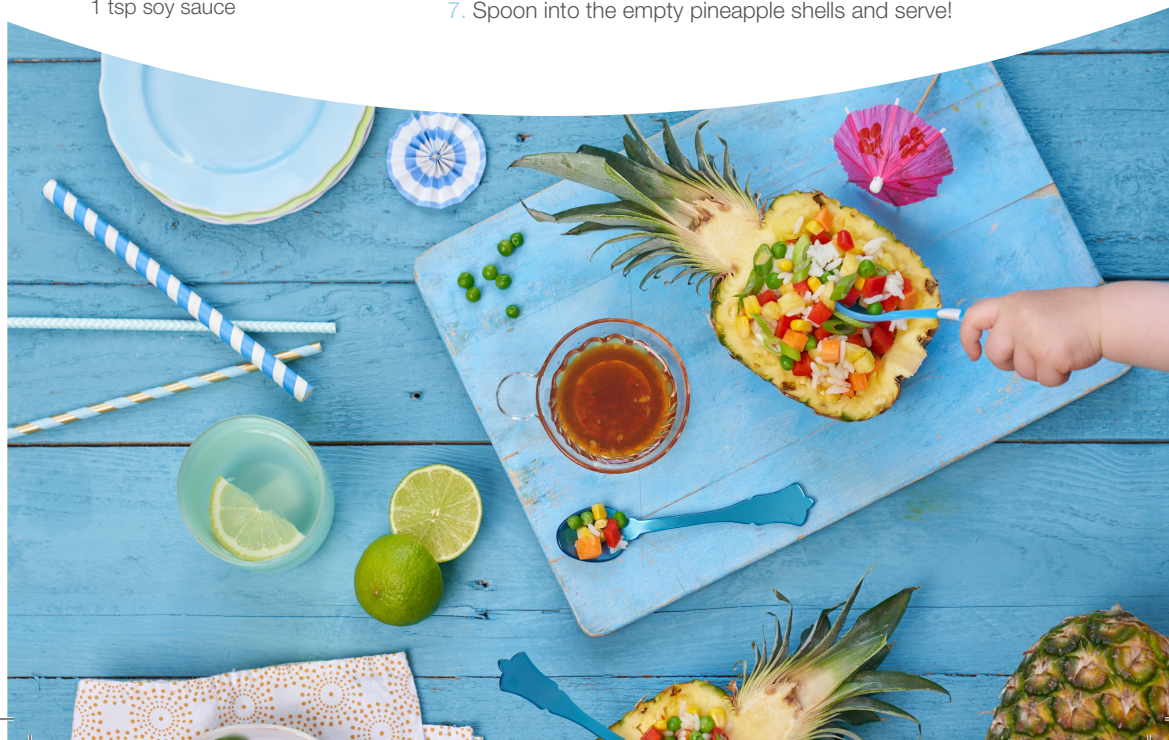
100g long grain rice  
80g frozen peas  
50g tinned sweetcorn  
½ red pepper, diced  
6 spring onions finely sliced  
1 carrot, peeled and finely diced  
1 small pineapple

#### DRESSING

4 tbsp olive oil  
2 tbsp sweet chilli sauce  
2 tbsp rice wine vinegar  
1 tsp soy sauce

#### Method

1. Cover the rice in boiling water and cook according to the packet instructions. Drain and cool.
2. Cook the peas in boiling water. Drain and cool.
3. Mix the rice, peas, sweetcorn, red pepper, spring onions and carrot in a large bowl.
4. Then mix all the dressing ingredients together and add to the rice.
5. Cut the pineapples in half. Carefully cut out the centres, leaving a border around the pineapple to make a boat.
6. Remove the core, then chop the pineapple into small pieces. Add to the rice and mix well.
7. Spoon into the empty pineapple shells and serve!





Counting • Numbers • Food names • Pretend play • Colours

Play, grill & eat for real!

For more of Annabel's sizzling summer recipes visit:

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