



Another delicious recipe from
Tanya's Kitchen

Breadfruit Salad

Ingredients

- 1 large breadfruit
- 1 cup mayonnaise
- 1 small yellow pepper
- 1 small red pepper
- 1 small green pepper
- 1/2 Scotch Bonnet pepper
- Bunch of parsley
- 3 green onions
- Salt and pepper to taste

Directions

- Peel and core the breadfruit and cut into 1 inch pieces
- Cook in salted boiling water for about 15 to 20 minutes or until tender. Strain and allow to cool
- Finely chop the yellow, red, green and Scotch Bonnet peppers. Chop the parsley and green onion
- In a mixing bowl, add the breadfruit, peppers, onions and parsley. Salt and pepper to taste. Mix well and refrigerate.
- Garnish The salad in a decorative bowl and fresh parsley
- You can find all these ingredients at all your Foster's Food Fair IGA stores