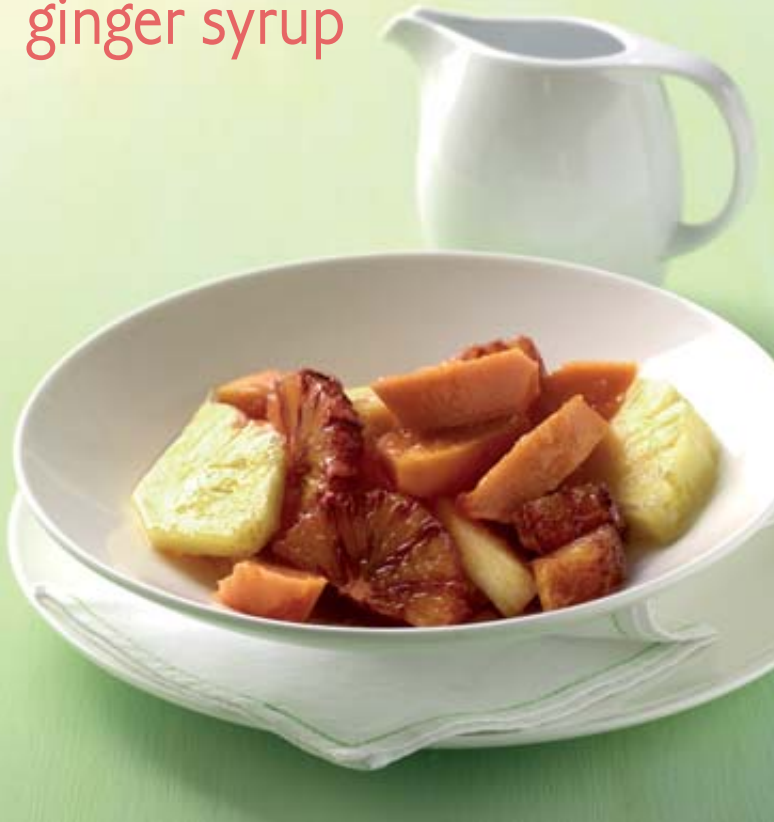


# Papaya, blood orange & pineapple with lime & ginger syrup



## Papaya, blood orange & pineapple with lime & ginger syrup

**Preparation:** about 15 minutes  
(+ chilling time)

**Cooking:** about 10 minutes

**Serves:** 4

3 blood oranges\*, peeled and pith removed  
1 medium ripe papaya (about 500g), halved, deseeded and peeled  
1/2 small pineapple, peeled, cored and quartered lengthways

### Lime & ginger syrup

1/3 cup caster sugar

1/4 cup lime juice

1 tsp finely grated ginger

\* *If preferred, Navel or Valencia oranges can be used.*

1. To make lime and ginger syrup, combine ingredients in a small saucepan. Bring to the boil, stirring until sugar dissolves. Reduce heat to low and simmer for 2 minutes. Remove from heat. Transfer to a heatproof jug. Chill for 30 minutes until cool.
2. Halve and slice oranges. Slice papaya and pineapple. Arrange fruit on serving plates. Drizzle with chilled lime and ginger syrup and serve.



### Papaya

- One of the most nutritious fruits with a high content of vitamin C (200g would provide 3-4 day's supply) and beta carotene, which the body converts to vitamin A.
- A great way to get dietary fibre, which is needed to keep the intestine healthy.
- Rich in many antioxidants which help protect body tissues against some aspects of ageing.