

Pineapple Recipes | Pynappel Resepte



*Tried and Tested Recipes by Nicky Brecher for Wegro Farming (Pty) Ltd /
Beproeefde en Getoetsde resepte deur Nicky Brecher vir Wegro Farming (Pty) Ltd*

Pineapple and Pasta salad

Serves 2

300 ml raw pasta shells
Small cucumber diced
Small red onion, finely chopped
250 ml pineapple cubes
1 tin Tuna chunks in brine
125 ml coarsely grated carrot
125 ml Mayonnaise, or Burger Mayonnaise to taste
Seasoning
Freshly chopped parsley
Roasted pumpkin seeds

Cook pasta until *al dente*. Allow to cool.
Mix rest of the ingredients in a bowl. Add pasta shells.
Add more dressing if necessary.
Mix thoroughly, and sprinkle with parsley and seeds.



Pynappel pasta slaai

Bedien 2

300 ml rou skulpie noedels
Mini komkommer in blokkies gesny
Klein rooi uitjie, gekap
250 ml pynappel blokkies
1 blikkie Tuna stukke in water
125 ml grof gerasperde wortel
125 ml Mayonnaise of Burger sous na smaak
Geurmiddels na smaak
Vars pietersielie
Geroosterde pampoensade

Kook noedels tot al dente. Laat afkoel.
Meng solank die res van die bestanddele, en voeg afgekoelde noedels by.
Voeg meer sous by, as die slaai te droog lyk.
Meng alles goed deur en sprinkel vars pietersielie en sade oor.

