

Oriental fruit salad

(You may use any fruits you like for this dish)

<p>Ingredients</p> <ul style="list-style-type: none">• 3 stalks lemongrass• 55g caster sugar• 115ml cold water• 1 small cantaloupe (rock melon)• 1 mango• 400g lychees• Fresh mint leaves, to garnish	<p>Equipment</p> <ul style="list-style-type: none">• Metric spoon & cup measures• Sharp knife• chopping board• large bowl
<p>What to do</p> <ol style="list-style-type: none">1. Peel the outer layers from the lemongrass stalks. Finely chop the white bulbous parts and discard the fibrous tops.2. Place the lemongrass, sugar and water in a saucepan. Simmer, stirring for 5 minutes or until the sugar dissolves, then bring to the boil.3. Remove from heat and chill in fridge for about 30 minutes.4. Peel and slice the fruits as you wish and arrange on a platter.5. Strain the lemongrass syrup and pour over the fruit. Decorate with mint.	