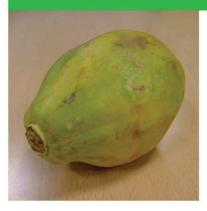
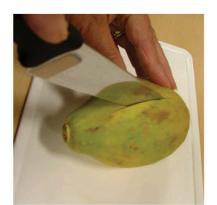
Papaya





1 Cut fruit in half length ways.





- Using a spoon remove seeds. Seeds can be eaten if desired.
- Cut into slices and carefully peal away the skin. (as with Avocado)

Tips

Serve on their own with a squeeze of lime or lemon juice or make tropical kebab's with papaya cubes, ham, pineapple chunks and prawns.