



## PLATTER FULL OF APPLE SNACKS



Created by :

**heleen** | meyer  
food consultant

### INGREDIENTS:

#### Tuna & corn

- 1 x 170 g tin tuna, drained
- 150 ml chunky cottage cheese
- 60 ml (¼ cup) whole kernel corn
- ½ celery stalk with the leaves, finely chopped
- 10 ml (2 tsp) finely chopped Italian parsley or any other herbs of your choice
- black pepper and lemon juice to taste
- dash of olive oil, if needed

#### Whipped goat's cheese

- 100 g soft (chevin) goat's cheese, plain or with seasonings of your choice
- 15 ml (1 tbsp) milk
- smoked or plain paprika
- fresh mint leaves
  
- 2-3 JOYA® apples in the skin

### METHOD:

1. Tuna: mix all the ingredients together and season with pepper and lemon juice. Add a bit of olive oil if the mixture is too dry to your liking – this may depend on the kind of tuna used.
2. Goat's cheese: place cheese in a mixing bowl and whip with a hand whisk or electric beater until fluffy. If preferred, add some milk to make the whipping easier.
3. Just before serving, slice apple in evenly thick slices and rinse in a bowl of cold water – this prevents the slices from discolouring too quickly.
4. Spoon about 15 ml of topping on each apple slice. Sprinkle goat's cheese with paprika and garnish with mint.

**FIRM  
SWEET  
CRUNCHY  
APPLE**

**WWW.JOYAAPPLES.CO.ZA**