



Salad

Breadfruit Me Ka Hua Salad

2008 National Tropical Botanical Garden Interns

2008 Kahanu Garden Breadfruit Cookoff 1st Place Winner

1 large mature breadfruit, cooked
1 cup mayonnaise
6 slices of ham, diced
6 boiled eggs, chopped
¼ of an onion, chopped
1 tbsp ground black pepper
Salt to taste

Remove skin from cooked breadfruit; mash together with mayonnaise in a large bowl.

Slowly add ham, eggs and pepper to the breadfruit mixture. Add salt to taste.

Mix well and serve chilled.

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