

Carmelised mangoes with ice-cream



Carmelised mangoes with ice-cream

Preparation: about 15 minutes

Cooking: about 5 minutes

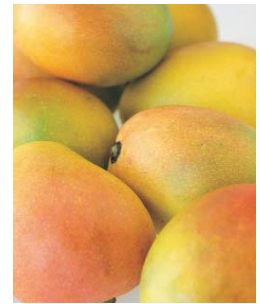
Serves: 4

4 medium just-ripe mangoes

$\frac{1}{3}$ cup brown sugar

Reduced fat vanilla ice-cream, to serve

1. Slice cheeks from mangoes. Score flesh in a honeycomb pattern. Place brown sugar in a shallow dish.
2. Line the base of a large non-stick frying pan with baking paper. Heat pan over medium-high heat until hot.
3. Dip cut-side of mango cheeks in brown sugar to lightly coat. Place sugar-side down in pan. Press gently. Cook for 2 minutes or until sugar caramelises. Transfer to a serving plate. Serve with vanilla ice-cream.



Mangoes:

- A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes).
- Mangoes are also a source of vitamin E (an important antioxidant) and half a large mango provides one-sixth of an adults vitamin E needs for the day.