

Caramelised apple tart



Caramelised apple tart

Ingredients:

- 50g butter
- 2 tbs brown sugar
- 2 tbs currants
- 4 medium (about 700g) Golden Delicious apples, cored and cut into thin wedges
- 1 sheet frozen ready-rolled sweet puff pastry
- reduced fat vanilla ice-cream, to serve

Health benefits of Golden Delicious apples:

- Low glycaemic index (GI), which means its sugars are broken down slowly and provide a sustained energy release.
- A good source of dietary fibre, which helps prevent constipation.

Method:

1. Heat oven to 200°C. Line base of a 22cm springform cake pan with baking paper, ensuring paper comes 1cm up the sides of pan.
2. Melt butter in a medium frying pan over medium-low heat. Add sugar and stir for 2-3 minutes or until sugar dissolves. Stir in currants and simmer for 2 minutes. Add apples to pan and cook over a medium-low heat, stirring often, for 5 minutes or until apples begin to soften. Meanwhile, place pastry on a bench to defrost.
3. Increase heat to high and cook apples for 2-3 minutes or until they begin to caramelize. Evenly arrange apples and currants in the base of prepared pan.
4. Cut pastry sheet to fit top of pan. Place pastry over apples and tuck in pastry around sides of pan to enclose apples. Gently press pastry down. Bake for 20-25 minutes or until pastry is golden. Remove sides from pan and turn tart onto a serving plate. Slice and serve with reduced-fat vanilla ice-cream.

Serves: 4

Preparation: 20 minutes

Cooking: about 40 minutes