

Sweet-grilled cardamom pineapple



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Ingredients:

1 medium pineapple
1/2 cup demerara sugar
1/2 tsp ground cardamom
vanilla ice-cream, to serve
shelled chopped pistachio nuts,
to serve (optional)

Method:

1. Preheat a grill on medium-high heat.
2. Peel pineapple and quarter lengthways. Trim and discard centre core. Cut each pineapple quarter lengthways into 3 wedges.
3. Combine sugar and cardamom on a plate. Toss pineapple in sugar mixture to lightly coat.
4. Place pineapple wedges upright on a lined grill tray. Grill for 6–8 minutes or until just blackening on the edges (ensure pineapple is at least 5cm from heat source). Serve warm pineapple wedges with vanilla ice-cream and pistachio nuts.

Health benefits:

Pineapple

Pineapple is a sweet tasting tropical fruit that is an excellent source of vitamin C, fibre and also folate.

Serves: 4

Preparation: 12 minutes

Cooking: 6–8 minutes

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