

warm citrus, date & ginger salad



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Ingredients:

3 Navel oranges
¼ cup palm or brown sugar
1 tsp finely grated fresh ginger
4 blood oranges
2 tangelos
2 pink grapefruit
8 fresh dates
reduced fat vanilla ice-cream,
to serve

HEALTH BENEFITS:

Dates

- A good source of dietary fibre. Fibre is vital for regularity and a healthy bowel.
- When fresh, they are a very good source of vitamin C and also provide B6. One of the many functions of vitamin B6 is to keep the nervous system healthy.
- The glucose and fructose in dates makes them a naturally sweet way to satisfy the urge for something sweet rather than turning to processed snack foods.

Method:

1. Juice Navel oranges and place juice in a medium saucepan. Add palm or brown sugar and ginger to pan. Stir to combine over medium-low heat. Reduce heat to low and simmer for 5 minutes or until reduced by one third.

2. Meanwhile, peel blood oranges, tangelos and pink grapefruit removing all white pith. Cut blood oranges and tangelos into 1cm-thick slices. Segment grapefruit over a bowl, reserving juice and removing membranes.

3. Add grapefruit juice and dates to ginger syrup. Cover and simmer, stirring occasionally, for 3–4 minutes or until dates begin to soften. Add remaining citrus fruit to pan and using a metal spoon, gently stir to combine. Cover pan and simmer fruit for 1–2 minutes over low heat. Spoon into serving bowls and serve with ice-cream.

Serves: 4

Preparation: 20 minutes

Cooking: 12 minutes

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