

# Easy rhubarb & apple compote



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**Preparation:** about 10 minutes  
(+ standing time)

**Cooking:** about 5 minutes

**Serves:** 4

- 1 bunch rhubarb, trimmed (about 400g trimmed rhubarb stems) and leaves discarded
- 2 medium Granny Smith apples, peeled, cored and cut into 1-cm pieces
- 1/3 cup caster sugar

1. Wash rhubarb in cold water. Drain and cut into 1cm-thick slices (do not dry rhubarb).
2. Combine rhubarb, apple and caster sugar in a medium heatproof baking dish. Toss to combine. Cover with 2 layers of plastic wrap. Microwave on high for 4 minutes. Carefully remove cover and stir. Re-cover and microwave for a further 1–3 minutes until fruit is tender. Set aside, stirring occasionally, for 15 minutes.
3. Serve rhubarb hot, chilled or at room temperature. Store in an airtight container in the fridge for up to 4 days.

### Serving suggestions:

- Serve with muesli and yoghurt or porridge.
- Layer with vanilla ice-cream in serving glasses.
- Use as a topping on waffles or pancakes.



### Rhubarb:

- Rhubarb is a source of dietary fibre which helps prevent constipation.
- It also supplies some vitamin C, one of the vitamins that helps the body defend itself against infection.