

Lychees & mangoes in lime & mint syrup



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Preparation: about 20 minutes (+ chilling time)

Cooking: about 10 minutes

Serves: 4

1/2 cup caster sugar

1/2 cup water

2 limes, juiced

500g lychees, peeled

2 medium ripe mangoes, peeled and flesh
sliced lengthways

12 small mint leaves

1. To make lime and mint syrup, place sugar and water in a small saucepan. Stir over medium heat until sugar dissolves. Add lime juice and bring to the boil. Reduce heat to medium-low and simmer for 5 minutes. Remove from heat and transfer to a heatproof jug. Chill for 2 hours or until cold.
2. Combine lychees and mangoes in a medium bowl. Pour over chilled lime syrup. Stir through mint and serve.



Lychees:

- Lychees are high in vitamin C. Ten lychees will provide you with your daily vitamin C needs.
- Lychees also contain some fibre.



Mangoes:

- A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes).