

Mango, passionfruit & coconut ice-cream

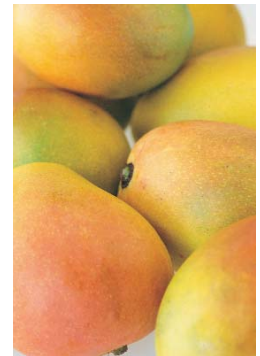


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Preparation about 20 minutes
(+ 4–5 hours chilling time)
Serves 8

- 1 litre vanilla ice-cream
- 1/4 cup shredded coconut
- 2 medium ripe mangoes, peeled and flesh cut into 1 cm pieces
- 1/2 cup passionfruit pulp (about 4–5 passionfruit)

1. Transfer ice-cream from freezer to the fridge for about 30 minutes or until slightly softened. Meanwhile, line the base of a 20 cm round non-stick cake pan with baking paper.
2. Place coconut in a small frying pan and toast, stirring constantly, over medium-high heat for 2–3 minutes until golden. Set aside.
3. Spoon softened ice-cream into a large mixing bowl. Add mangoes, 1/3 cup passionfruit pulp and toasted coconut. Using a large metal spoon, stir mixture until combined. Spoon into prepared pan. Smooth top. Cover with plastic wrap and freeze for 4–5 hours or until firm.
4. To serve, transfer ice-cream cake to serving plate. Drizzle with remaining passionfruit pulp. Cut into wedges and serve.



Mangoes

- An excellent source of vitamin C which helps the body defend itself against infection.
- A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes).
- A source of vitamin E, a vitamin usually provided by wholegrain cereals. Vitamin E helps maintain the health of the membranes around all body cells.