

Microwave rhubarb & strawberries



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Serves: 4–6
Preparation: 12 minutes
(+ chilling time)
Cooking: 4–5 minutes

1 bunch rhubarb (leaves discarded), trimmed, washed and thinly sliced
250g large strawberries, hulled and halved



1/2 cup blood orange juice*
(about 2 blood oranges)
1/3 cup caster sugar

1. Place rhubarb, strawberries, orange juice and sugar into a medium heat-proof bowl. Gently stir to combine. Cover with plastic wrap and microwave on high/100% for 3 minutes. Carefully remove cover and stir. Microwave on high/100% for a further 1–2 minutes or until tender. Remove and set aside for 10 minutes.
2. Stir well, cover and chill. Serve for breakfast with muesli or porridge or with thick natural yoghurt for dessert.

* Substitute Navel orange juice, if desired

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