

# Caramelised apples with pastries



# Caramelised apples with pastries

Preparation 15 mins | Cooking 20 mins | Serves 4

50g butter  
2 tbs brown sugar  
2 tbs maple syrup  
¼ cup currants  
6 (about 1kg) Golden Delicious apples, cored, peeled and cut into thin wedges  
1 sheet frozen puff pastry  
1 free range egg, lightly beaten  
Thick Greek style yoghurt or whipped cream, to serve

**STEP 1** Preheat oven to 220°C/200°C fan-forced. Melt butter in a medium frying pan over medium-low heat. Add sugar and maple syrup and stir for 2-3 minutes until sugar dissolves. Stir in currants and cook for 1 minute.

**STEP 2** Add apples to pan and cook, stirring often, over medium heat for 8-10 minutes until apples begin to soften. Increase heat to medium-high and cook, stirring occasionally, until apples are tender and caramelised. Set aside to cool slightly.

**STEP 3** Meanwhile, place pastry onto a clean bench to defrost. Cut into 8 triangles. Place pastry triangles on a baking tray lined with baking paper. Brush with beaten egg and bake for 10-12 minutes or until puffed and golden.

**STEP 4** Serve caramelised apples with pastry triangles and thick Greek yoghurt or vanilla ice-cream.

## Good for you... **APPLES**

*Apples contain a source of dietary fibre and natural sorbitol. Both fibre and sorbitol help keep us regular. A good source of vitamin C, among its many functions, contributes to healthy gums. Low GI meaning the natural sugars are digested slowly, releasing energy gradually.*

