

Mangoes with peanut praline & caramel ice-cream



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Preparation 10 mins + chilling time | Cooking 10 mins | Serves 4

4 just-ripe plump mangoes
salted caramel ice-cream, to serve

Peanut praline:

⅓ cup salted roasted peanuts
1 cup caster sugar
¼ cup cold water

STEP 1 To make peanut praline, line a baking tray with baking paper and sprinkle with peanuts. Set aside. Combine sugar and water in a small saucepan over low heat. Stir until sugar dissolves and bring to the boil. Boil without stirring, and occasionally brushing down the side of the pan with a wet pastry brush, for 5 minutes until golden. Set aside for a minute or until bubbles subside. Pour mixture over peanuts. Set aside for 5 minutes to set. Break the praline into small shards.

STEP 2 Slice cheeks from mangoes. Score a honeycomb pattern into the flesh (avoid cutting through the skin). Push the skin side to expose the flesh then slice off the cubes.

STEP 3 Scoop the ice-cream into serving bowls. Top with mango and peanut praline and serve.

Good for you... 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). The highest levels are found in mangoes with deep orange-coloured flesh.

