

BBQ lychees wrapped in prosciutto

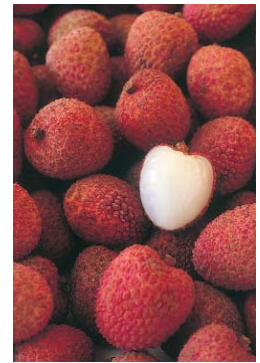


BBQ lychees wrapped in prosciutto

Preparation: about 20 minutes
Cooking: about 3 minutes
Makes: 12

12 plump lychees, peeled
75g soft blue cheese, cut into 12 cubes
(about ½ tsp each)
12 thin slices prosciutto
Olive oil cooking spray
Extra virgin olive oil, to serve

1. Cut a small slice into the flesh of each lychee and remove the seed. Fill each lychee cavity with a cube of blue cheese. Wrap each lychee in a slice of prosciutto and thread onto a cocktail skewer (or toothpick). Liberally spray with oil.
2. Preheat a greased char-grill or barbecue plate over medium heat. Grill or barbecue lychees, turning occasionally, for 2–3 minutes. Transfer to a serving platter. Drizzle with extra virgin olive oil and serve.



Lychees

- Lychees are high in vitamin C. Ten lychees will provide you with your daily vitamin C needs.
- Lychees also contain some dietary fibre.
- Lychees provide natural carbohydrate that has a low glycaemic index (GI) – a help for those with diabetes.