

Lychees & mangoes in lime syrup

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Preparation 20 mins + chilling time | Cooking 10 mins | Serves 4

- ½ cup caster sugar
- ½ cup water
- 2 limes, juiced
- 2 medium ripe mangoes
- 500g fresh lychees, peeled and seeds removed
- ¼ cup small mint leaves
- Lime or lemon sorbet, to serve
- 2 tbs toasted shredded coconut, to serve

STEP 1 To make lime syrup, combine sugar and water in a small saucepan. Stir over medium heat until sugar dissolves. Add lime juice and bring to the boil. Reduce heat to medium-low and simmer for 5-6 minutes until syrupy. Remove from heat and transfer to a heatproof jug. Freeze for 1-2 hours or until cool.

STEP 2 To serve, peel mangoes and cut flesh into thick slices. Combine mangoes and lychees in a bowl. Pour over lime syrup and scatter with mint. Spoon fruit mixture and scoops of sorbet into serving glasses, sprinkle with toasted coconut and serve.

Good for you... **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.

