

Quick roast strawberries



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Preparation 5 mins | Cooking 12 mins | Serves 4

500g strawberries, hulled
2 tbs caster sugar
½ tsp vanilla extract
Reduced fat vanilla ice-cream, to serve

STEP 1 Preheat oven to 200°C/180°C fan-forced. Line base of a medium roasting pan with non-stick baking paper.

STEP 2 Place strawberries in a medium bowl. Sprinkle with sugar and vanilla. Toss gently to combine. Place in a single layer in pan. Roast, turning occasionally, for 12–15 minutes or until very tender.

STEP 3 Spoon warm strawberries into serving bowls, drizzle with pan juices and serve with ice-cream.

Good for you... *STRAWBERRIES*

A great source of vitamin C. One of the functions of vitamin C is to contribute to the normal functioning of the body's immune system.

