

# Rhubarb & strawberries in blood orange juice



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**Preparation:** about 20 minutes  
**Cooking:** about 7 minutes + standing  
time  
**Serves:** 6

*You can use Navel oranges if preferred.*

1 large bunch rhubarb, trimmed and  
leaves discarded\*  
½ cup blood orange juice  
2 tbs caster sugar  
250g strawberries, hulled and halved

*\*you will require about 400g trimmed  
rhubarb stems*

1. Place rhubarb,\* orange juice and sugar in a medium 6-cup heatproof dish. Toss gently to combine. Cover and microwave on high for 3-4 minutes until rhubarb begins to soften. Leave to stand for 1 minute.
2. Carefully remove cover, add strawberries and stir to combine. Cover and microwave on high for 2-3 minutes until rhubarb is very tender. Stand, uncovered, for 15 minutes. Cool slightly and transfer to an airtight container and chill until ready to serve.

### **Serving suggestions:**

*For breakfast, spoon rhubarb mixture over thick natural yoghurt and your favourite cereal.*

*For dessert, spoon rhubarb mixture over toasted waffles or ice-cream.*



### **Rhubarb**

- A good source of dietary fibre which helps keep the intestine healthy.
- Provides vitamin C, an anti-infection vitamin, plus small quantities of other vitamins and minerals.