

Quick roast strawberries



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Preparation: about 5 minutes

Cooking: about 12 minutes

Serves: 4

500g strawberries, hulled

2 tbs caster sugar

1/2 tsp vanilla extract

Reduced fat vanilla ice-cream, to serve

1. Preheat oven to 200°C. Line base of a medium roasting pan with non-stick baking paper.
2. Place strawberries in a medium bowl. Sprinkle with sugar and vanilla. Toss gently to combine. Place in a single layer in baking pan. Roast, turning occasionally, for 12–15 minutes or until very tender.
3. Spoon ice-cream into serving glasses or bowls. Top with warm strawberries, drizzle with pan juices and serve.



Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- Antioxidant content is higher in ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.
- They are a good source of dietary fibre. Fibre helps prevent constipation.