

Roasted summer fruits



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Preparation: about 15 mins **Cooking:** about 12 mins **Serves:** 4

Ingredients:

butter or margarine, for greasing
4 large just-ripe figs
2 medium ripe white nectarines
2 medium ripe (freestone) peaches
4 medium ripe blood plums
1/2 cup masala
2 tbs water
1 vanilla bean, halved lengthways
2 tbs demerara or brown sugar
reduced fat thick natural yoghurt or vanilla ice-cream, to serve

Method:

1. Preheat oven to 220°C. Grease a medium baking pan or dish with butter or margarine. Trim figs at the stem end and cut a small cross into the top of each. Halve and remove stones from nectarines, peaches and plums.
2. Place fruit, cut-side up, in baking pan or dish. Combine masala and water in a small jug. Using a teaspoon, scrape vanilla bean seeds into masala mixture. Stir to combine and pour evenly over fruit. Sprinkle fruit with sugar and add the remaining scraped vanilla bean to pan. Bake for 10–15 minutes or until just tender.
3. Serve fruit warm or at room temperature. Drizzle with pan juices and serve with reduced fat thick natural yoghurt or vanilla ice-cream.



White nectarines:

- An excellent source of vitamin C. This vitamin is vital for a healthy immune system.
- Provide potassium. The body needs to balance sodium (from salt) with potassium in order to maintain healthy blood pressure.