

Strawberry & ice-cream turnovers



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Preparation: about 12 mins (+ 15 mins cooling time)

Cooking: about 10 mins **Serves:** 4

Ingredients:

1 sheet frozen ready-rolled sweet puff pastry
1 egg white, lightly beaten
375g strawberries, hulled and halved lengthways
1 tbs caster sugar
reduced fat vanilla ice-cream, to serve
sifted icing sugar, to serve

Method:

1. Preheat oven to 220°C. Line a baking tray with non-stick baking paper. Place pastry sheet on a bench to defrost. Cut pastry into 4 squares then diagonally cut each square to form 2 triangles. Place pastry on baking tray. Lightly brush with egg white. Bake for 10–12 minutes or until puffed and golden. Remove from oven and leave pastries on baking tray to cool.
2. Meanwhile, place strawberries in a medium bowl. Sprinkle with caster sugar and gently stir to combine. Set aside for 15 minutes.
3. To serve, place half the pastries on serving plates. Top each with small scoops of vanilla ice-cream and spoon over strawberries. Top with remaining pastries. Dust with icing sugar and serve immediately.



Strawberries:

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