

Char-grilled peaches with coconut sour cream & honey



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Preparation 10 mins | Cooking 5-6 mins | Serves 4

Olive oil spray

¼ cup brown sugar

6 plump just-ripe peaches, halved and stones removed

½ cup coconut sour cream*

Honey, for drizzling

STEP 1 Cut a sheet of baking paper to fit the base of a char-grill pan. Lightly spray or brush the pan with oil to grease. Press the baking paper into the pan and preheat on medium-high heat.

STEP 2 Place sugar onto a plate. Press the cut-side of peaches into the sugar to lightly coat. Place peaches sugar-side-down into the pan and cook for 2-3 minutes until golden and charred then turn and cook for a further 1 minute. Transfer peaches to a board or platter and set aside to cool slightly.

STEP 3 Serve peaches with a coconut sour cream and honey.

**Note; coconut sour cream is a plant-based vegan product. Use sour cream, natural Greek-style yoghurt or mascarpone as a dairy alternative.*

Good for you... PEACHES

The natural sugars in peaches give a delicious sweet flavor and also provide energy that is especially good when you're active or playing sport. Peaches give us vitamins, including vitamin C and beta-carotene which the body uses to make vitamin A. Both these vitamins helps us fight infection.

