

# Passionfruit panna cotta with mango



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Preparation 20 mins + chilling time | Cooking 10 mins | Makes 6

- ½ cup milk
- 600ml thickened cream
- ½ cup caster sugar
- 2 tsp vanilla bean extract
- 4-5 passionfruit (depending on size)
- 2 tbs warm water
- 3 tsp powdered gelatine

### To serve:

- 1 ripe mango, flesh thinly sliced
- 3 passionfruit, pulp removed

**STEP 1** To make the passionfruit panna cotta, place milk, cream, sugar and vanilla into a medium saucepan. Stir over low heat until sugar dissolves. Slowly bring just to the boil over medium-low heat. Remove from heat.

**STEP 2** Meanwhile, remove pulp from the passionfruit and push through a sieve to make ¼ cup passionfruit juice (discard the seeds).

**STEP 3** Place warm water into a teacup. Sprinkle with gelatine and stir until gelatine dissolves. Stir mixture into the cream mixture. Stir in passionfruit juice. Divide mixture between 6 panna cotta moulds, glasses or small bowls. Place on a tray, cover and refrigerate overnight.

**STEP 4** To serve, dip the base of each mould, glass or bowl into hot water for a few seconds. Run a knife around the edge and turn panna cotta out onto serving plates. Serve with mango slices and passionfruit pulp.

### Good for you... MANGOES

*An excellent source of vitamin C which helps the body defend itself against infection. A good source of beta carotene, which the body converts to vitamin A (important for healthy skin and eyes). The highest levels are found in mangoes with deep orange-coloured flesh.*

