

# Caramelised mangoes



## Caramelised mangoes

**Preparation:** about 15 minutes

**Cooking:** about 5 minutes

**Serves:** 4

1/3 cup macadamia nuts, chopped

4 medium just-ripe mangoes

2/3 cup brown sugar

vanilla ice-cream, to serve

1. Heat a large non-stick frying pan over medium heat. Add macadamia nuts and cook, tossing often, until pale golden. Set aside. Slice cheeks from mangoes. Score flesh in a honeycomb pattern.
2. Wipe the large non-stick frying pan with paper towel and place a sheet of baking paper on the base of the pan. Heat pan over medium-high heat until hot. Dip cut side of mangoes into brown sugar to thickly coat. Place sugar-side down into pan. Press gently and cook for 3–4 minutes until sugar caramelises. Transfer to a serving plate. Scatter with toasted macadamias. Drizzle with pan juices and serve with ice-cream.



### 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.
- A source of dietary fibre and also potassium. Fibre is important for the digestive system and potassium helps balance the sodium from foods with added salt.