

Lychees with lime & mint ice



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Preparation 20 mins + chilling time | Cooking 10 mins | Serves 4

- ¼ cup caster sugar
- 1 cup fresh mint leaves
- 5-6 limes, juiced (you'll need 200ml fresh juice)
- 1 cup water
- 500g fresh plump lychees, chilled (remove seeds if preferred)
- Extra small mint leaves, to serve

STEP 1 To make the lime and mint ice, place sugar and mint into a food processor. Process until mint is finely chopped. Transfer mint mixture to a small saucepan. Add lime juice and water. Bring to the boil, stirring occasionally, over medium-high heat. Reduce heat and gently boil for 5 minutes or until slightly thickened. Strain syrup into a shallow airtight container. Cover and freeze for 4-5 hours or until just frozen.

STEP 2 To serve, peel lychees and place into chilled serving glasses. Scrape the frozen lime and mint to make flaked ice and spoon over lychees. Sprinkle with a few mint leaves and serve.

Good for you... **LYCHEES**

Lychees are high in vitamin C. Ten lychees will provide you with your daily vitamin C needs. Lychees also contain some dietary fibre. Lychees provide natural carbohydrate that has a low glycaemic index (GI) - a help for those with diabetes.

