

Nectarines & cherries in vanilla bean syrup



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Preparation: about 10 minutes
Cooking: about 20 minutes
Serves: 4

$\frac{3}{4}$ cup caster sugar
 $1\frac{1}{2}$ cups water
1 vanilla bean, split lengthways
4 plump white nectarines
350g cherries
Vanilla ice-cream or thick cream, to serve

1. Combine sugar and water in a large saucepan over medium heat. Scrape vanilla bean seeds into pan and add vanilla bean. Stir until sugar dissolves. Bring to the boil. Reduce heat and simmer, uncovered and without stirring, until reduced by a half.
2. Add nectarines, cover and simmer gently, stirring occasionally, for 5 minutes. Stir in cherries. Remove from the heat and set aside to cool. Serve chilled or at room temperature with ice-cream or thick cream.



Nectarines

- An excellent source of vitamin C. This vitamin is vital for a healthy immune system.
- A good source of dietary fibre (important for bowel health).
- Yellow fleshed nectarines also provide some beta carotene which the body can convert to vitamin A.
- All varieties provide potassium and so help balance some of the sodium that comes from foods with added salt.