

Nectarines with coconut & pistachio crumble



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Preparation: about 20 minutes

Cooking: about 15 minutes

Serves: 6

These delicious nectarines are lovely served warm or chilled.

150 g coconut macaroon biscuits*

½ cup shelled pistachio nuts, roughly chopped

1 orange, finely grate rind and then juice

2 tbs brown sugar

1 egg

6 nectarines (slipstone), halved and deseeded

Vanilla ice-cream, to serve

1. Preheat oven to 180°C. Lightly grease a large shallow baking dish.
2. Place biscuits and pistachio nuts in a food processor. Process until fine crumbs form. Transfer mixture to a bowl. Add orange rind, brown sugar and egg. Mix until well combined.
3. Fill each nectarine half with biscuit mixture. Arrange in baking dish, drizzle with orange juice and bake, uncovered, for 15 minutes or until nectarines are just tender. Serve with vanilla ice-cream.

**If unavailable use butternut cookies or a sweet, crunchy biscuit.*



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.