

Pan-stewed plums with vanilla



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Preparation 10 mins | Cooking 5 mins | Serves 4

800g plums (use a mix of varieties if liked)

¼ cup maple syrup

1 tbs orange juice

2 strips orange zest

1 vanilla bean, split lengthways

2 tbs flaked almonds

vanilla ice-cream or thick natural yoghurt, to serve

STEP 1 Halve plums and remove stones. Combine maple syrup, orange juice, zest and vanilla bean in a medium frying pan over medium heat. Bring to the boil. Add plums and cook, tossing occasionally, 2-3 minutes or until warmed through. Remove from heat and set aside to cool slightly.

STEP 2 Serve warm or at room temperature with flaked almonds and ice-cream or yoghurt.

Good for you... PLUMS

A good source of dietary fibre, which helps keep the intestine healthy and prevent constipation. Provide small amounts of minerals and vitamins, including vitamin C which is important for protection against infection. The purple skin on plums is a source of pigments called anthocyanins that are being studied for their potency as antioxidants

