

Rhubarb & strawberry meringue pudding



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Preparation: about 30 minutes

Cooking: about 30 minutes

Serves: 6–8

1 large bunch rhubarb*, trimmed and cut into 1cm-thick slices

500g strawberries, hulled and roughly chopped

½ cup caster sugar

1 tsp finely grated lemon zest

1 tbs cornflour

1 tbs water

1 x 16cm single plain sponge cake, cut crossways into 2cm slices

4 free range egg whites, at room temperature

½ cup caster sugar

**Note, you will need 450g trimmed rhubarb stems*



Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- The very tiny seeds in strawberries are a good source of fibre. Dietary fibre helps prevent constipation.

1. Place rhubarb, strawberries, caster sugar and lemon zest in a medium saucepan. Cover and bring to a simmer over medium heat. Cook, stirring occasionally, for 12–15 minutes or until rhubarb is very soft. Combine cornflour and water in a cup. Stir mixture into rhubarb and cook for 2 minutes.
2. Preheat oven to 240°C. Grease a 6-cup (about 5cm deep) baking dish. Line base with sponge cake. Pour warm rhubarb mixture over sponge.
3. To make meringue, place egg whites into a large clean dry bowl. Beat with electric beaters on high until soft peaks form. Gradually beat in sugar until thick and glossy. Spoon meringue over rhubarb mixture. Bake for 5–8 minutes until pale golden and serve.