

# Rhubarb & strawberry meringue pudding



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Preparation 30 mins + cooling time | Cooking 35 mins | Serves 8

- 1 large bunch rhubarb\*, trimmed and cut into 1cm-thick slices
- 1 cup caster sugar
- 1 tsp finely grated lemon zest
- 500g strawberries, hulled and halved
- 1 tbs cornflour
- Butter, for greasing
- 1 x 16cm plain sponge cake, cut across into 1.5 cm-thick slices
- 3 free-range egg whites, at room temperature

*\*you'll need about 450g trimmed rhubarb*

**STEP 1** Place rhubarb, ½ cup sugar and lemon zest in a medium saucepan. Cover and bring to a simmer over medium heat. Cook, stirring occasionally, for 10-12 minutes until rhubarb is almost tender. Add strawberries and cook for 2-3 minutes until softening. Combine cornflour with 1 tbs water in a cup. Stir mixture into rhubarb and cook for 2 minutes. Set aside.

**STEP 2** Preheat oven to 240°C/220°C fan-forced. Grease a 6-cup (about 5cm deep) baking dish with butter. Line base with sponge cake. Pour warm rhubarb mixture over sponge and smooth top.

**STEP 3** To make meringue, using an electric mixer, beat egg whites until soft peaks form. Gradually beat in the remaining ½ cup sugar until thick and glossy. Spoon meringue over rhubarb mixture. Bake for 10-12 minutes until just browning on meringue peaks. Stand for 10 minutes and serve.

### Good for you... **RHUBARB**

*A good source of dietary fibre which helps keep the intestine healthy. Provides potassium which takes part in many biochemical reactions in the body. Provides some vitamin C, an anti-infection vitamin.*

