

# Roast balsamic apples & red onions



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Preparation 20 mins | Cooking 30 mins | Serves 4

This dish is excellent teamed with roast chicken, pork or lamb.

- 4 (about 750g) Granny Smith apples, peeled, cored and cut into thick wedges
- 2 red onions, peeled and cut into wedges
- 2 garlic cloves, finely chopped
- 2 tbs olive oil
- 1 tbs balsamic vinegar
- 1 tbs honey

**STEP 1** Preheat oven to 200°C/180°C. Combine apples, onions and garlic in a large bowl. Drizzle with oil, balsamic vinegar and honey. Season with salt and pepper to taste. Toss until well combined.

**STEP 2** Arrange apple mixture in a large non-stick roasting pan. Roast for 25-30 minutes, tossing once, until apples are golden and tender and serve.

## Good for you... *APPLES*

*A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep us regular. Good source of vitamin C. Among its many functions, vitamin C contributes to healthy gums. Low GI which means the natural sugars in apples are digested slowly, releasing energy gradually.*

