

Roasted cherries to team with turkey or ham



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Preparation 10 mins | Cooking 12-15 mins | Serves 6-8

*These delicious roasted cherries team perfectly with turkey or leg ham.
If preferred, remove the seeds from the cherries before cooking.*

1 tbs caramelised balsamic vinegar
¼ cup red currant jelly
Pinch allspice
3-4 sprigs thyme
500g plump cherries

STEP 1 Preheat oven to 200°C fan-forced. Combine vinegar, red currant jelly and allspice in a large bowl. Stir until well combined. Add thyme and cherries. Season with salt and pepper. Toss to combine and stand for 5 minutes.

STEP 2 Transfer cherry mixture to a baking tray lined with baking paper. Roast for 12-15 minutes until cherries just soften. Remove from oven and stand for 15 minutes. Serve warm or at room temperature.

Good for you... **CHERRIES**

A source of vitamin C. This vitamin helps the body defend itself against infections. The carbohydrate found in cherries has a low glycaemic index (GI), which means it is slowly absorbed and will provide long lasting energy. Cherries contain some valuable antioxidants with the highest quantities found in fruit with darker-coloured flesh.

