

Summer fruits in ginger & lime syrup



Summer fruits in ginger & lime syrup

Preparation: about 20 minutes
(+ cooling time)

Cooking: about 20 minutes

Serves: 6

This refreshing fruit salad is also lovely served chilled.

- ½ cup caster sugar
- 1 cup water
- 2 limes, juiced
- 5cm piece ginger, peeled and finely grated
- 5 apricots
- 2 peaches
- 2 nectarines
- 1 large mango, peeled and flesh sliced
- 300g plump cherries
- 12 lychees, peeled
- Lemon gelato or sorbet, to serve

1. To make ginger and lime syrup, combine sugar and water in a saucepan. Stir over medium heat until sugar dissolves. Add lime juice and ginger. Reduce heat and simmer for 12–15 minutes or until reduced by one third. Remove from heat. Set aside to cool to room temperature.
2. Remove stones and cut apricots, peaches and nectarines into wedges. Combine all the fruit in a large serving bowl. Pour cooled syrup over fruit and stand at room temperature for 30 minutes for flavours to infuse. Serve with lemon gelato or sorbet.



Peaches

- A source of carbohydrate and has a low glycaemic index (GI), so that the carbohydrate provides long-lasting energy.
- A good source of vitamin C, yellow peaches also contain a powerful antioxidant beta-carotene.