

Vanilla-poached apricots with almond yoghurt cream

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Preparation: about 10 minutes

Cooking: about 10 minutes

Serves: 6

1 cup water

1 cup caster sugar

1 vanilla bean, halved lengthways

12 plump apricots, halved and stones removed

200ml thickened cream

$\frac{3}{4}$ cup thick Greek-style natural yoghurt

$\frac{1}{2}$ cup flaked almonds, toasted

Almond bread, to serve

1. Combine water and sugar in a large saucepan. Use a teaspoon to scrape vanilla bean seeds into pan and add pod. Stir over medium heat until sugar dissolves. Cover and bring to the boil. Reduce heat to medium-low, add apricots, cover and simmer, stirring occasionally, for 5 minutes. Allow apricots to cool in syrup to room temperature or chill if preferred.
2. Whip cream in a large bowl until soft peaks form. Fold through yoghurt and almonds. Serve poached apricots with almond yoghurt cream and almond bread.



Apricots

- A good source of dietary fibre, which is important to keep the intestine healthy.
- The deeper the colour of an apricot, the higher its content of beta carotene (which the body converts to vitamin A). Vitamin A helps protect against infection and has an important role in eye health.