



Roasted Nectarines or Peaches



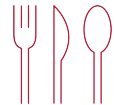
DIFFICULTY: EASY



PREPARATION TIME: 30
MINUTES



COOKING TIME: 10 - 15
MINUTES



SERVES: 8

Ingredients

4 white nectarines or peaches
200 g palm sugar
200 ml coconut milk
10g ginger
½ tsp salt
50 g caster sugar

Method

Grate or thinly slice the palm sugar. Place with the ginger, coconut milk and salt in a small to medium sized saucepan and bring to the boil, reduce and simmer for a further 10 minutes then strain.

Pre heat the oven to 220°C on CircoRoast, run a knife around the centre of the nectarines then twist to separate from the core. Place onto a universal tray with baking paper underneath and lightly dust with the caster sugar then roast for 15 minutes on level 3. Drizzle with the coconut syrup.

This recipe is great served with icecream and a sprinkle of chopped nuts.

Notes
