

Spicy poached stone fruits served with honey cinnamon yoghurt

A deliciously healthier dessert that's so easy to make. Recipe and image provided courtesy of Jack Kibble – Junior MasterChef Australia Runner-up 2011.

Prep 10 minutes

Cook 15 minutes

Serves 4

Ingredients

4 peaches or nectarines pitted and halved

Syrup:

2 tablespoons honey

1 cinnamon stick

1 star anise

½ teaspoon vanilla

1 ½ cups water

Honey yoghurt:

1 cup low fat Greek yoghurt

1 teaspoon cinnamon

1 tablespoon honey

½ teaspoon vanilla or a vanilla pod

Instructions

- 1 Halve fruit and remove the stones.
2. To make the syrup, add honey, cinnamon stick, star anise, vanilla and water to a saucepan. Heat until the honey is dissolved and simmer for 5 minutes until slightly reduced. This will enable the cinnamon and star anise to infuse the syrup.
3. Add fruit and simmer for about 5 minutes until tender but not too soft.
4. Using a spoon, turn the fruit 3-4 times while cooking. Remove the cooked peaches from the pan and set to one side in a large bowl.
5. Boil the syrup until it has reduced by half (this will take about 10 minutes). Spoon over the peaches, then set aside to cool. The peaches will keep for up to 2 days, covered and in the fridge.
6. To make the honey yoghurt, mix together the yoghurt, cinnamon, honey and vanilla.
7. Divide fruit onto four plates, drizzle over the syrupy juices and serve with the honey yoghurt.

Nutritional Information

