

Roasted Fruits Recipe (Indian)

Ingredients:

2 apples (1 red, 1 green)
1/4 pineapple, peeled and cored
1 star fruit
1/2 papaya, peeled
1/2 mango, peeled
1 banana, peeled

Marinade:

1 teaspoon toasted sesame seeds
1/4 teaspoon black peppercorns, freshly crushed
1/4 teaspoon green cardamom powder
1 bay leaf
1 teaspoon grated lime zest
1 teaspoon lime juice
2 tablespoon thin honey
3 tablespoon yogurt

Method:

Cut the apples into large wedges, discarding the cores. Cut the pineapple, star fruit, papaya and mango into slices. Cut the banana into 3 or 4 pieces. Mix together the ingredients for the marinade in a shallow dish, add the fruits, turn to coat and leave to marinate for 30 minutes. Preheat the oven to 200 degrees Celsius or preheat the grill to high. Put the fruits in a roasting tin, or skewer them on to kebab skewers if grilling. Cook in the oven or under the grill for 7-10 minutes until charred on the surface. Serve warm, with Rich Cashew Nut Ice-Cream (refer desserts recipes) or a scoop of vanilla ice-cream if you like.

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