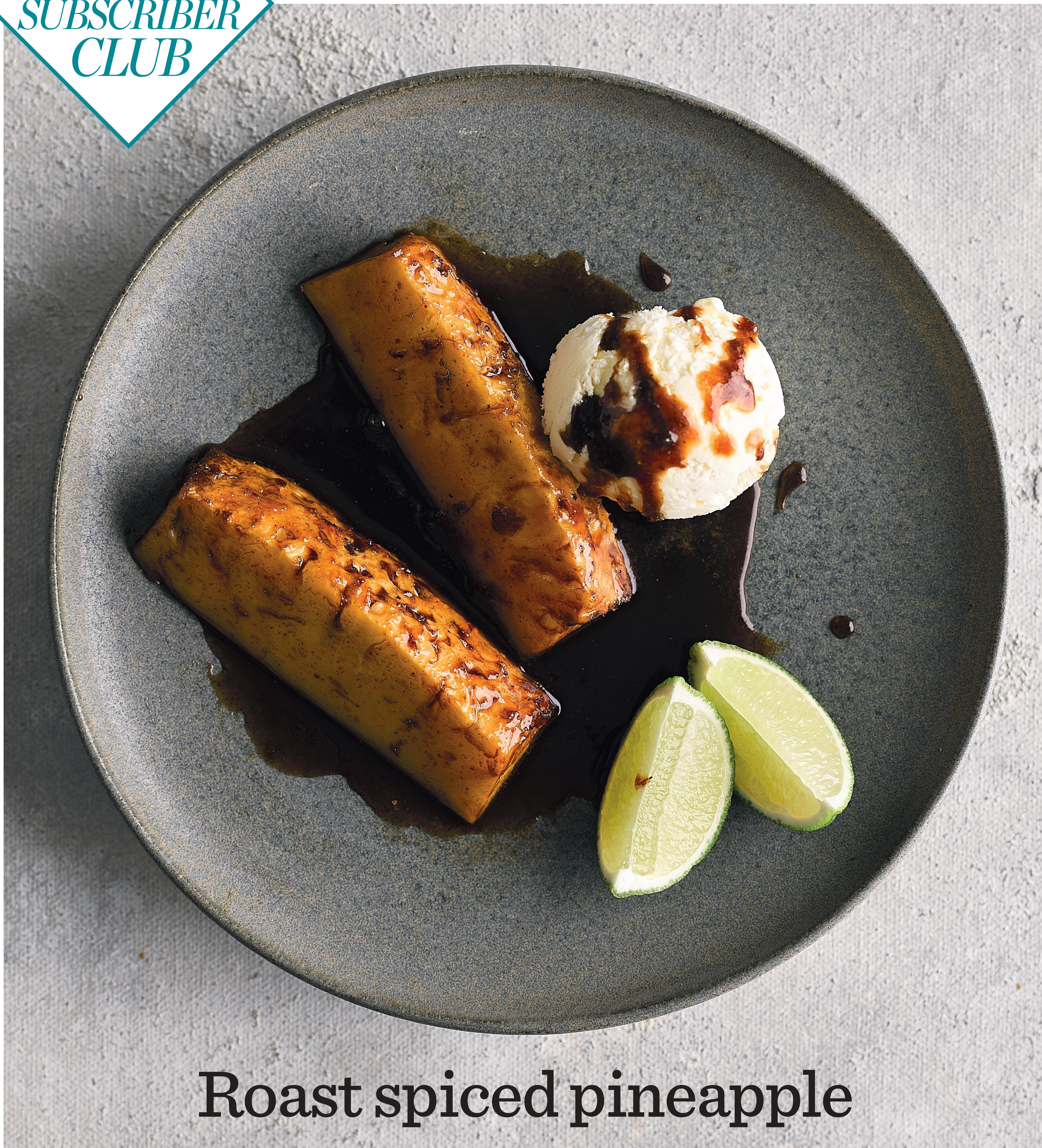




Exclusive recipe



Roast spiced pineapple

SERVES 4-6 **PREP** 5 mins **COOK** 50 mins **EASY** **V**

1 ripe pineapple
100g dark muscovado sugar
2 limes, 1 zested, both juiced,
plus extra wedges, to serve

1 Heat the oven 180C/160C fan/gas 4. Cut the top and bottom off the pineapple so it sits flat on a board. Using a sharp knife, remove the skin in downward slices. Remove the eyes with a small knife by cutting a V-shaped 'trench' into the flesh that follows the spiral pattern of the eyes (this is easier than removing each individually). Stand the pineapple upright in a shallow ovenproof dish just bigger than the base.

2 Melt the remaining ingredients together in a small pan, then brush this over the pineapple and drizzle any remaining glaze over the top. Roast for 45-50 mins, basting

2 tbsp butter
pinch of mild chilli powder
large pinch of chaat masala
ice cream, to serve (optional)

the fruit with the glaze a few times, until the pineapple is tender all the way through when tested with a skewer. Alternatively, heat a barbecue, wait until the flames have died down and the coals are grey, and cook the pineapple until tender, turning frequently so the glaze doesn't burn.

3 Carve the roast pineapple into slices or wedges and arrange on a plate. Spoon over any remaining glaze from the dish and serve with scoops of ice cream, if you like, and lime wedges for squeezing over.

GOOD TO KNOW 1 of 5-a-day • gluten free
PER SERVING 161 kcal • fat 4g • saturates 3g • carbs 29g • sugars 29g • fibre 2g • protein 1g • salt 0.1g



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