

Figs with Honey, Butter, Almonds & Coconut

SERVES 4

8 RIPE FIGS
1 TBSP BUTTER
½ CUP ALMONDS, ROUGHLY CHOPPED
1 TBSP DESICCATED COCONUT
2 TBSP HONEY
1 TSP GROUND CINNAMON
AMASI CURDS (SEE RECIPE ON PAGE 183), MASCARPONE
OR GREEK YOGHURT, TO SERVE

Heat grill to medium high. Cut a deep cross in the top of each fig and gently push open the incision so that it looks like a flower. Put the figs in a baking dish and place a small cube of the butter in the centre of each fruit. Arrange the almonds and coconut around the butter. Drizzle the honey over and then sprinkle with cinnamon. Grill until the figs are soft and the honey and butter have made a sauce in the bottom of the dish. Take care not to burn the almonds and coconut. Serve warm with dollops of *amasi* curds, mascarpone or yoghurt.

NUTRITION INFO Figs are high in insoluble fibre, phytonutrients, vitamins B, A and E, and iron. The phytonutrient compounds are thought to protect us from cancers, diabetes, degenerative diseases and infections.

Allergens: nuts and dairy.

VALUES PER SERVING				
ENERGY	CARBOHYDRATE	PROTEIN	FAT	FIBRE
1131,8KJ	7,5G	2,6G	6,6G	2,9G
			UNSAT. FAT 5G	
			SAT. FAT 1,3G	