



PHUNKY PEACH MELBA

Baked spiced peach with raspberries served with fruit yogurt. You could use tinned peach halves and frozen raspberries out of season. Serve hot or cold, with or without yogurt or fromage frais.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; chop using bridge/claw technique; use a citrus squeezer/zester; garnish and decorate.

Equipment: Chopping board, knife, fine grater or zester, oven dish, citrus squeezer, foil.

Allergens: Milk

Ingredients (serves 2):

- 2 medium peaches, or tinned peach halves
- 1/2 lemon
- 1/2 tsp ground cinnamon, or mixed spice
- 1 tsp clear honey
- 12 raspberries, fresh or frozen
- 1 small pot of thick low fat Greek yogurt or fromage frais (peach or raspberry flavour)
- 1 sprig of fresh mint leaves, washed

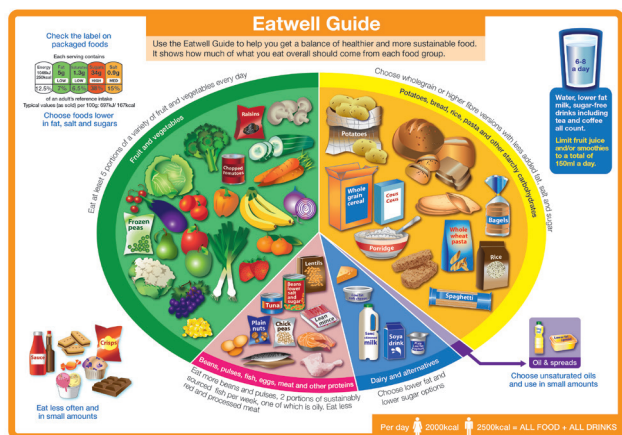
Method

1. Preheat the oven to 180C / 160C fan / gas mark 4.
2. Remove the skin from the peaches. If it doesn't peel off easily, dip the peach in boiling water for 30 seconds. The skin should now slide off easily. Cut the peach in half and twist to separate the halves and remove the stone
3. Place the peach halves, cut-side up, in a small ovenproof dish. Grate the lemon zest over the peaches. Squeeze the juice from the lemon and pour over the peaches.
4. Sprinkle the peaches with the cinnamon or mixed spice, and drizzle with honey.
5. Cover the dish with foil and bake for about 15 minutes, then scatter over the raspberries, re-cover with foil and return to the oven for another 5 minutes.
6. Serve hot or cold with yogurt or fromage frais. Garnish with mint if you have any going spare!



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Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Phunky Peach Melba...

Fruit contains a variety of vitamins, minerals and fibre, and is packed with lots of different substances called phytochemicals. These help protect our bodies against disease.

Fromage Frais is a type of smooth fresh soft cheese with the consistency of thick yogurt. It is an excellent source of protein and calcium.



Energy, sugar, fat and salt per serving

Per 169g serving

ENERGY
578kJ / 137kcal

7%

LOW

FAT
1.9g

3%

LOW

SATURATES
1.2g

6%

MED

SUGARS
19.3g

21%

LOW

SALT
0.1g

2%

% of an adult's reference intake

Typical values per 100g : Energy 342kJ / 81kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.