

Spiced, Glazed Pineapple with Cinnamon Fromage Frais

Ingredients

- Zest and juice 1 lime
- 2 tbsp clear honey
- 2 pinches ground cinnamon
- Few gratings of whole nutmeg
- 2 tsp icing sugar, sifted
- 200g very low-fat fromage frais
- 2 tsp butter
- 1 fresh pineapple, cut into 8 long wedges



Method

1. Mix the lime juice and half the lime zest with 1 tbsp honey, a pinch of cinnamon and nutmeg. Set this sauce aside. Stir the icing sugar and a pinch of cinnamon into the fromage frais.
2. Heat the butter and remaining honey in a non-stick frying pan until melted. Add the pineapple and cook over a high heat for 8 mins, turning regularly until caramelised. Pour in the spiced lime sauce and bubble for a few secs, tossing the pineapple to glaze in the sauce.
3. Serve immediately, sprinkled with the remaining lime zest and accompanied by a dollop of the cinnamon fromage frais

Chelsea Martin – Age 16