LIGHT & SWEET

Poached Rhubarb with Vanilla Yoghurt

PREP	COOK	SERVES
10 min	15 min	4

Vegetarian

Tender rhubarb baked in orange and vanilla syrup, served over honeyed yoghurt with toasted almonds.

Ingredients

For the rhubarb

- 500 g rhubarb, cut into 4 cm pieces
- 80 g caster sugar
- Juice of 1 orange
- 1 vanilla pod, split (or 1 tsp vanilla extract)

To serve

- 300 g thick Greek yoghurt
- 1 tbsp honey
- 2 tbsp flaked almonds, toasted

Method

1. Heat the oven to 160°C.
2. Put the rhubarb in a baking dish. Add the sugar, orange juice and vanilla, cover with foil and bake for 15 minutes until tender but still holding its shape.
3. Let it cool in its juices.
4. Stir the honey into the yoghurt and spoon into bowls. Top with the rhubarb, some of the syrup and the almonds.

Cook's tip

Baking instead of stirring in a pan keeps the rhubarb in neat pieces instead of mush.