

**The Finest
5 Ingredient
Recipes**

From

**Nature's
Finest™**



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Finest™**

Indulgent Pear FLAPJACK CRUMBLE



- Serves: 4-6
- Prep Time: 10 mins
- Cook Time: 30 mins

What You Will Need:

- 2 x 400g pots of Nature's Finest Pears, drained
- 100g butter
- 100g golden syrup
- 300g porridge oats
- 100g bar dark chocolate, chopped

How To Prepare:

- 1 Heat oven to 180C/160C fan/gas 4.
- 2 Drain the pears (keeping the juice to one side) then tip into an oven proof dish about 22cm across. Drizzle 2-3 tbsp of the juice over the pears.
- 3 Melt the butter and syrup in a saucepan, then stir in the oats and a pinch of salt.
- 4 Quickly mix in the chocolate, but don't let it melt completely. Tip the mixture over the pears.
- 5 Bake for 30 mins until golden and crisp. Cool for 5 mins before serving.

Enjoy with some warm custard!

Peachy Almond SLICES



- Serves: 6
- Prep Time: 10 mins
- Cook Time: 20 mins

What You Will Need:

- 2 x 400g pots of Nature's Finest Peaches, drained
- 375g pack puff pastry sheet
- 1 egg, beaten
- 175g marzipan, chopped
- 1 tbsp flaked almonds

How To Prepare:

- 1 Heat oven to 220C/200C fan/gas 7. Unroll the pastry on to a lightly floured surface and cut in half horizontally, then each half into three.
- 2 Lay the pastry sheets on a baking tray. Use a knife to mark a 1cm border on each – be careful not to go all the way through! Prick inside the border with a fork, then brush all over with beaten egg.
- 3 Bake for 10 mins until golden and slightly risen. Divide the marzipan equally between the pastry squares and fan out the peach slices on top, followed by a sprinkling of almonds.
- 4 Put the slices back into the oven for 10 mins until they have puffed up and are golden. Enjoy immediately!

Serve with a dollop of crème fraîche!

Deliciously Easy

PRUNE COOKIES



- Serves: 20 cookies
- Prep Time: 5 mins
- Cook Time: 12 mins

What You Will Need:

- 100g Nature's Finest Prunes, drained and roughly chopped
- 100g lightly salted butter, at room temperature
- 125g soft light brown sugar
- 1 x medium egg
- 175g self-raising flour

How To Prepare:

- 1 Preheat the oven to 170C/150C Fan/Gas 3 and line two baking trays with baking paper.
- 2 Using a mixer on medium speed, cream the butter and sugar together for about 3 minutes until soft and pale.
- 3 Add the egg and mix for a further minute. Gently combine the flour and stir in the prunes.
- 4 Roll out the dough and divide into walnut-sized balls and arrange on the trays, leaving space between them as they will spread during baking. Why not pop a pecan on top of each cookie ball as well?!
- 5 Bake for about 12 minutes, or until the cookies are firm and golden brown at the edges.
- 6 Leave to cool on the baking trays; the cookies will firm further as they cool.

Enjoy for a mid-morning snack!

5 Minute FRUIT MOUSSE



- **Serves: 4-6**
- **Prep Time: 5 mins**
- **Cook Time: n/a**

What You Will Need:

- 1 x 390g pot of Nature's Finest Mandarin, drained & reserve the juice
- 2 x tbs honey or maple syrup (to taste)
- 1 x large egg white
- 1 x packet of sponge fingers
- 6 x mini meringues

How To Prepare:

- 1 Add fruit to the bowl of a food processor, and blend to a rough puree, about 1 minute. Add the honey and pulse briefly to combine.
- 2 Whip the egg white separately then add to the fruit and honey mixture and process until smooth and fluffy and the mixture has lightened in colour (and doubled or tripled in volume).
- 3 Place chunks of sponge fingers in the bottom of the serving dishes, then spoon the mousse over cake.
- 4 Top with some extra mandarin segments and a mini meringue and serve immediately!

Drizzle some of the mandarin juice on the sponge fingers for extra zing!

Peach Porridge

OAT SQUARES



- **Serves: 12**
- **Prep Time: 15 mins**
- **Cook Time: 3 mins**

What You Will Need:

- 100g Nature's Finest Peach, drained & mashed
- 100ml whole milk
- 75g porridge oats
- 1 small banana, mashed
- 200g Greek-style natural yogurt

How To Prepare:

- 1** Add the oats and milk to a small bowl, stir and then leave to soak for 5 minutes. Stir in the mashed banana and peaches through until combined.
- 2** Line a 19cm by 13cm microwaveable dish with baking paper and pour in the mixture, spreading out so it's even.
- 3** Microwave on high for 3 minutes until firm. Leave to cool, then cut into fingers and serve with the yogurt for dipping.

Simply delicious!

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Hawaiian MEATBALLS



- Serves: 4
- Prep Time: 10 mins
- Cook Time: 12-15 mins

What You Will Need:

- 1 x 400g pot of Nature's Finest Pineapple, drained (keeping the juice to one side)
- 1 x pack of pork or beef meatballs (12)
- 2 tablespoons rice wine vinegar
- ½ teaspoon cornflour
- 1 x sliced pepper (red, green or a mix of both)

How To Prepare:

- 1 Heat a tablespoon of oil in a large skillet over medium-high heat. Add meatballs and sliced pepper, turning occasionally until meatballs browned all over, about 7 minutes. Remove and put in a dish to one side.
- 2 Clean out skillet, return to medium-high heat. In a small bowl, whisk together pineapple juice, vinegar, cornflour, and season to taste then add to skillet. Bring to a gentle boil.
- 3 Return meatballs to skillet, cook, turning a few times, until sauce is reduced, and meatballs are cooked through, about 5 minutes. Remove from heat.
- 4 Add pineapple chunks and toss in sauce to coat – serve immediately with some rice.

Serve with a generous sprinkle of chopped coriander for extra zing!

Mango & Halloumi SNACK WRAPS



- Serves: 4
- Prep Time: 15 mins
- Cook Time: 15 mins

What You Will Need:

- 200g Nature's Finest Mango, drained
- 3 mixed peppers, thinly sliced
- 225g halloumi, thinly sliced
- 1 x tub guacamole dip
- 8 small white tortilla wraps

How To Prepare:

- 1 Fry the sliced peppers for 3-4 minutes then add the optional fajita seasoning and continue frying until the peppers have softened.
- 2 Remove peppers from pan then add the sliced halloumi and fry until golden.
- 3 Warm the tortilla wraps then dollop the guacamole on top of a wrap, followed by the peppers and halloumi.
- 4 Scatter 3 or 4 mango chunks on the halloumi, then wrap the tortillas and enjoy!

Why not add some fajita seasoning for a Mexican twist?

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and easy recipes using
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fruity.fix@naturesfinestfoods.co.uk