



Caramelised Pink Lady® Apples with mustard and thyme

Serves 4



Ingredients:

- ♡ 15 ml (1 tbsp) olive or avocado oil
- ♡ 2 onions, halved and cut into thin wedges
- ♡ 3-4 Pink Lady® Apples, thinly sliced
- ♡ 15 ml (1 tbsp) soft brown sugar
- ♡ 45 ml (3 tbsp) strong Rooibos tea
- ♡ 15-20 ml (3-4 tsp) wholegrain mustard
- ♡ 10 ml (2 tsp) lemon juice
- ♡ handful fresh thyme
- ♡ salt and pepper to taste

Method:

1. Heat the oil in a large frying pan over a medium heat. Add the onions and sauté until soft.
2. Stir in the apples and sauté until they begin to soften.
3. Add sugar and stir until the sugar dissolves.
4. Stir in the tea, mustard, lemon juice and thyme. Reduce the heat.
5. Continue to simmer until the onions are soft and the apples begin to caramelise.
6. Season to taste with salt and pepper.
7. Serve caramelised apples with pan-fried pork or chicken fillets, fresh rocket and a starch of your choice, like creamy polenta, risotto, mashed potatoes or couscous.



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