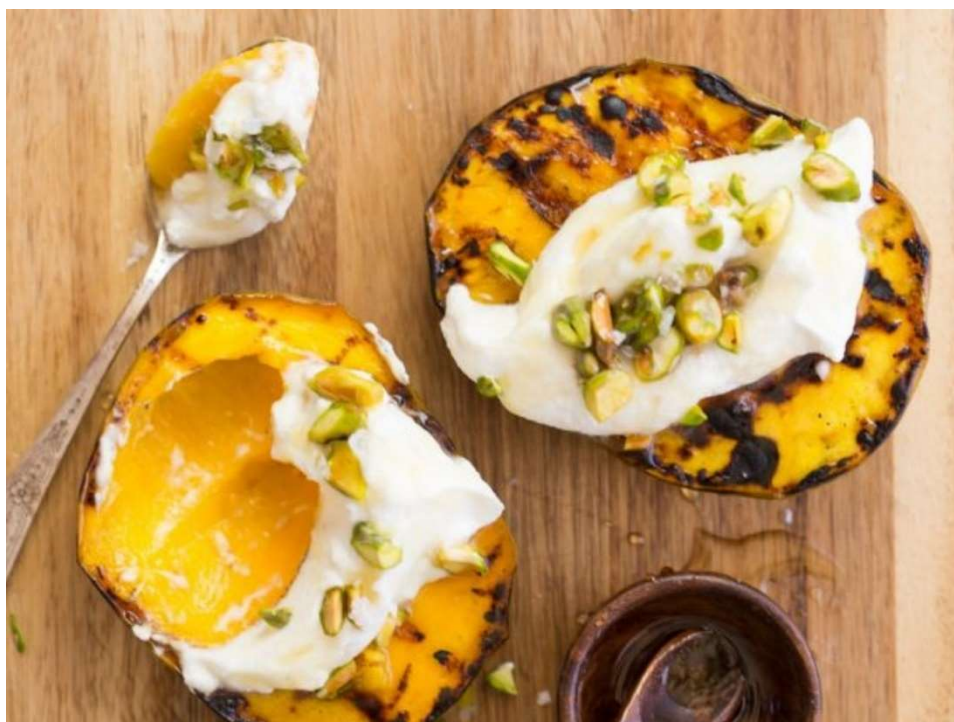


Grilled Mango With Zesty Cream



Ingredients

- 300ml fresh cream
- 1 tsp vanilla extract
- 1 tbsp icing sugar
- 1/2 tsp fresh ginger, grated
- 1 tsp ground cardamom
- 2 large mangoes, cheeks removed
- 1 tsp olive oil
- Juice of 1/2 lime
- 3 tbsp chopped pistachio nuts

Directions

- Step 1 – Heat the BBQ to medium heat (180 - 200°C) and prepare for direct grilling, ensuring the grills are clean.
- Step 2 – In a large bowl, whip the cream, vanilla and icing sugar to soft peaks, then stir in the ginger and cardamom. Set aside.
- Step 3 – Brush the cut surface of the mango with a little oil and place the mango cut side down onto the grills. Cook for 1 minute, then rotate the mango 90° and cook for 1 more minute. Remove from the BBQ, squeeze the lime juice over the mango pieces and set aside to cool slightly, before serving with the whipped cream and pistachio nuts

