

POMEGRANATE, BLUEBERRY & MANGO PAVLOVA

DESSERT • SERVES 6 • PREPARATION TIME: 15 MINUTES • COOKING TIME: 2 HOURS
SERVING SIZE 200 G • ENERGY 19600 KJ • FAT 181 G • CARBOHYDRATE 673 G • SODIUM 75 MG

The cream and sugar make this a dessert for special occasions (when a little indulgence is perfectly OK), rather than everyday eating. However, you still get the goodness of three types of fruit.

6 x 60 g organic eggs, whites separated	1 tablespoon white vinegar or apple cider vinegar
pinch of salt	1 tablespoon pure vanilla extract
1½ cups caster sugar	300 ml thickened cream, whipped
1 tablespoon cornflour	1 large mango, peeled, deseeded and thinly sliced
	½ cup blueberries
	½ pomegranate (seeds only)

- Preheat the oven to 150°C (130°C fan-forced). Line a baking tray with baking paper marked with a 20 cm circle in the centre, marked side down.
- Beat the egg whites and salt together in a large bowl using an electric mixer on medium–high speed until soft peaks form.
- With the beaters running, gradually add the sugar. Increase the speed and beat until the mixture is glossy and stiff peaks form. Add the cornflour, vinegar and vanilla extract and beat until just combined.
- Using a large metal spoon, dollop 1–2 spoonfuls of meringue mixture into the centre of the circle on the baking paper. Spread evenly to fill the circle. Spoon the remaining meringue mixture over the top to form a mound, being careful not to flatten or spread the mixture too much. The pavlova will expand approximately 5 cm during cooking.
- Bake for 20 minutes then reduce the temperature to 120°C (100°C fan-forced) and cook for a further 40 minutes. Turn the oven off, open the door slightly and leave to cool in the oven for a minimum of 1 hour, or overnight.
- When the pavlova is completely cool remove the baking paper and place the pavlova on a serving plate.
- Top with whipped cream, mango slices, blueberries and pomegranate seeds.

