

Rhubarb and ginger baskets

Serves: 8

Time

Preparation time 15 minutes

Cooking time 40 minutes

Ingredients

Ingredients for the filo baskets

- 2 defrosted filo pastry sheets (270g box – wrap leftover pastry and refreeze it)
- 1 egg white
- 25g caster sugar

Ingredients for the filling

- 650g rhubarb, washed, trimmed and cut into chunks
- juice 1 orange
- 2 tablespoons honey
- 2 teaspoons ground ginger
- 75g caster sugar

To serve

- 240g lemon fat-free Greek-style yogurt



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Method

1. Preheat oven to 180°C or gas mark 4.
2. To make the filo pastry baskets, lay 2 large sheets of filo pastry onto a work surface. Brush one sheet with egg white, sprinkle with sugar and then place the second sheet of filo pastry on top and smooth to remove any creases.
3. Cut the filo in half horizontally and then make 3 vertical evenly spaced cuts in the pastry. This will give you 8 square pieces.
4. Line 8 individual muffin moulds or 8 holes of a large muffin tray with the squares of pastry to create a basket shape.
5. Bake in the hot oven for 10 minutes until golden and crisp, remove and leave aside to cool.
6. To make the filling, place the rhubarb chunks into a large roasting dish with orange juice, honey, ginger and sugar and bake uncovered for 30 minutes until tender.
7. Remove from the oven and allow the rhubarb to cool slightly before spooning into the filo baskets. Serve with a spoonful of lemon yogurt on the side.

Tip

This recipe also works well using 1 teaspoon of artificial sweetener instead of sugar in the baskets and 1 tablespoon of artificial sweetener instead of sugar in the filling.