

Sweet & savoury figs

Whether it's breakfast, lunch, dinner or dessert, this versatile fruit is the perfect way to give your meal a sweet and juicy boost



FIG & RICOTTA TART WITH HONEY
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Fig & ricotta tart with honey

serves: 6 prep: 12 min cooking: 20 min



1 sheet reduced-fat frozen shortcrust pastry, partially thawed
120g low-fat ricotta cheese
Pinch ground cinnamon
2 tsp honey
3 large figs, sliced
1 tsp fresh lemon thyme leaves

1 Preheat oven to 200°C. Line a large baking tray with baking paper. Cut pastry into a 23cm round disc and place on prepared tray.

2 Combine ricotta, cinnamon and 1 teaspoon honey in a medium bowl. Spread ricotta mixture over pastry, leaving a 1cm border.

3 Arrange figs over ricotta mixture. Bake for 20 minutes or until pastry is crisp and golden. Slide tart onto a wire rack to cool slightly. Drizzle with remaining honey and sprinkle with thyme leaves. Cut into wedges and serve warm or at room temperature.

4 SmartPoints value per serve



Balsamic chicken with grilled fig & blue cheese salad

serves: 6 prep: 15 min + 15 min marinating cooking: 20 min



6 x 150g skinless chicken breast fillets
2 garlic cloves, crushed
1 tbs olive oil
½ cup (125ml) balsamic vinegar
6 x 40g slices sourdough bread
6 fresh figs, halved
2 bunches asparagus
1 radicchio, coarsely torn
120g wild rocket leaves
50g blue cheese, crumbled

1 Combine chicken, garlic, 2 teaspoons oil and half the vinegar in a shallow bowl. Season with salt and pepper. Place in fridge for 15 minutes.

2 Preheat a chargrill or barbecue over medium-high heat. Drain chicken from marinade. Discard marinade. Cook chicken for 4–5 minutes each side or until cooked through. Transfer to a plate. Cover chicken with foil and set aside to rest for 5 minutes before slicing thickly.

3 Meanwhile, lightly brush bread with a little remaining oil. Cook for 1–2 minutes each side or until lightly toasted. Set aside. Lightly brush figs and asparagus with remaining oil. Cook figs, cut-side down, for 1 minute or until lightly charred. Transfer to a plate. Cook asparagus, turning, for 2–3 minutes or until just tender. Transfer to plate with figs.

4 Place remaining vinegar in a small saucepan. Bring to the boil over high heat. Reduce heat and simmer for 3–5 minutes or until glaze has reduced by half. Season with salt and pepper.

5 Combine radicchio and rocket in a large bowl. Sprinkle with blue cheese. Drizzle chicken and figs with balsamic glaze and serve with salad, asparagus and bread.

6 SmartPoints value per serve



Fig & ginger biscuits

makes: 24 prep: 20 min + chilling cooking: 20 min + cooling



2 cups (300g) self-raising flour
1 tsp baking powder
160g reduced-fat oil spread
½ cup (110g) firmly packed brown sugar
2 tbs honey
2 tsp finely grated fresh ginger
1 egg, lightly beaten
60g dried figs, finely chopped
1 tsp ground cinnamon
1 tbs caster sugar

1 Preheat oven to 180°C. Line 2 baking trays with baking paper.

2 Sift flour and baking powder into a large bowl. Place spread, brown sugar, honey and ginger in a small saucepan over medium

heat. Cook, stirring, for 2-3 minutes or until combined. Remove from heat and set aside for 5 minutes to cool.

3 Stir spread mixture, egg and fig into flour mixture and bring together in the bowl. Cover with plastic wrap and place in fridge for 3 hours or until firm.

4 Combine cinnamon and caster sugar in a medium bowl. Roll tablespoons of dough into balls. Roll balls in cinnamon mixture. Place 2cm apart on prepared trays. Bake for 13-15 minutes or until lightly browned. Transfer to a wire rack to cool.

4 SmartPoints value per serve

Fig, rocket & caramelised onion tarts

serves: 6 prep: 15 min cooking: 20 min



2 sheets frozen reduced-fat puff pastry, just thawed, cut into thirds
1 tbs fresh thyme leaves, plus extra sprigs to serve
3 brown onions, thinly sliced
1 tbs brown sugar
1½ tbs balsamic vinegar
4 fresh figs, cut into thin wedges
2 cups (60g) baby rocket leaves
90g goat's cheese, crumbled

1 Preheat oven to 220°C. Line a baking tray with baking paper.

2 Using a small knife, score a 1cm-thick border around edges of pastry rectangles (being careful not to cut all the way through). Prick pastry inside border with a fork several times. Place on prepared tray. Sprinkle pastry with thyme leaves. Gently press thyme into pastry. Bake for 15-18 minutes or until golden.

3 Meanwhile, lightly spray a large non-stick frying pan with oil and heat over medium heat. Cook onions, stirring occasionally, for 10 minutes or until softened. Add sugar and 1 tablespoon vinegar. Cook, stirring occasionally, for 5 minutes or until onions are caramelised.

4 Place pastry bases on serving plates, gently pressing down the centre of any that have puffed up. Top with onion mixture, fig, rocket, cheese and extra thyme sprigs. Drizzle with remaining vinegar. Serve.

SERVE WITH a 0 SmartPoints value garden salad, drizzled with balsamic vinegar.

8 SmartPoints value per serve

People with food allergies or sensitivities should always check the ingredient information on products to ensure they meet their dietary needs.



FIG, ROCKET & CARMELISED ONION TARTS
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