

Sauteed Strawberries with Balsamic Vinegar

Serves 4

71 cal per portion

0.5 g fat per portion of which 0g saturated fat

Preparation time: 5 minutes

Cooking time : 2 minutes

500g strawberries

grated zest and juice ½ lime

Better than Butter FryLight

2 tbsp caster sugar

2 tbsp Balsamic vinegar

mint leaves

Method:

1. Hull the strawberries and either halve or quarter larger ones but leave smaller ones whole. Put into a bowl add the lime juice and zest and fold together.
2. Warm a large pan, spray 20 times with FryLight then add the strawberries with the sugar. Turn up the heat and cook for 1 minute.
3. Add the Balsamic vinegar and cook a further minutes then serve in dishes scattered with small mint leaves