



Pink Lady® apple roses

Serves 4



Ingredients:

- ♥ 8-10 Pink Lady® apples, thinly sliced
- ♥ 1 box (400g) phyllo pastry, defrosted
- ♥ 1 egg, whisked
- ♥ ¼ cup (60ml) caramel sauce
- ♥ 3 Tbsp (45ml) coconut flakes, toasted
- ♥ Mint leaves, for garnishing

Method:

1. **Preheat** oven to 160°C.
2. **Blanch** apples in boiling water until pliable and refresh in ice-cold lemon water.
3. **Cut** each pastry sheet horizontally into 3 strips and cover with a damp tea towel.
4. **Fold** each strip upward to create a double layer.
5. **Arrange** apples skin-side up along the top of each pastry strip, making sure they overlap.
6. **Brush** the bottom of the pastry sheet with egg and fold over apples, making sure the apples are visible.
7. **Roll** pastry from left to right, forming a rose. Repeat process with remaining apples and pastry.
8. **Pack** roses tightly into a greased skillet.
9. **Bake** for 15-20 minutes or until pastry is cooked.
10. **Drizzle** with caramel sauce and scatter with coconut flakes and mint leaves.
11. **Serve.**

Created by : Chad January



Pink Lady®

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