

Sautéed Strawberries with Balsamic Vinegar

Preparation time: 5 minutes

Cooking time: 2 minutes

Ingredients (serves 4):

500g strawberries
Grated zest and juice 1/2 lime
Black & gold rapeseed oil, to lightly oil the pan
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, oil with Black & Gold, 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 minute then serve in dishes scattered with small mint leaves.