



YARRA VALLEY
preserves

meal plan 4

ROASTED CAPSICUM & CHILLI GLAZED PRAWNS

- ~ Pan Fry Prawns in a hot pan for about 2 minutes
- ~ Add some **Roasted Capsicum and Chilli Glaze** mix well
- ~ Serve on a bed of rice with steamed greens

CHARGRILLED FRUITS IN TOFFEED BALSAMIC & VANILLA SYRUP

- ~ Peel and slice assorted fruits ie, peach, pineapple, plums, apricots, banana, mango, or berries into bite size pieces
- ~ Place under hot grill and sprinkle with brown sugar, watch as the sugar melts and caramelises on the fruit
- ~ Place on plate and serve with **Toffeed Balsamic and Vanilla Syrup**

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