

The Pampered Chef®
Apricot & Fig Tapenade
Recipe

100g dried apricots
75g dried figs, stalks removed
250ml cold water
1 small Granny Smith eating apple (about 100g total/unprepared weight), peeled
5g fresh parsley
50g pecan halves, toasted and cooled
1 tablespoon runny honey

1. Place apricots, figs and cold water in **Large Micro-Cooker**. Cover and microwave on HIGH 5 - 6 minutes or until apricots and figs are softened. Drain using small **Stainless Mesh Colander**; discard cooking juices. Let fruit cool at least 15 minutes.
2. Cut apple into wedges using **Apple Wedger**; discard core. Place parsley, pecans and apple wedges in **Manual Food Processor**; cover and pump handle until coarsely chopped. Add half of the apricots and figs; cover and process until coarsely chopped. Add honey and remaining apricots and figs; cover and process to desired consistency, removing lid and scraping down sides of bowl as necessary using **Mini Mix 'N Scraper**. Transfer tapenade to serving dish; serve.

Serves 10 (makes about 355g)
Energy 334kJ/79kcal; Protein 1.2g; Carbohydrate 11g; Sugars 11g; Fat 3.8g; Saturated Fat 0.3g;
Fibre 1.7g; Salt trace

Chef's Corner

Dried figs can usually be found in health food shops. Alternatively, they can be substituted with 90g ready-to-eat dried figs (available from most supermarkets) – there is no need to rehydrate these figs in water, just add to recipe as directed in step 2.

To toast pecans, place pecans in **Small Micro-Cooker**; microwave, uncovered, on HIGH 1 - 2 minutes or until aromatic and toasted, stirring after every 30-second interval. Let cool before using in tapenade.

*Louise Dawkins – Consultant 016878
147 Sherwell Valley Road, Torquay, TQ2 6EW
Home 01803 404499 / Mobile 07730507262
Email louise.dawkins@abily.co.uk*