



## **Rhubarb Compote With Berries**

[Rhubarb](#) is one of my favourite foods, for many good reasons and rhubarb compote is one of my favourite summer desserts. Rhubarb is packed full of minerals, vitamins and fibre. This rhubarb compote is easy to prepare and rhubarb, when young, is delicious to eat raw, or lightly stewed and served on top of Greek yoghurt. In this recipe I add Balsamic vinegar and star anise which is a sublime addition to this delicious vegetable.

Give it a go, and if you're feeling super decadent, scatter a few cacao nibs on top to add a welcome crunch. If you like rhubarb, you can't go wrong with this dessert. Rhubarb compote is fresh, tasty, and simple to prepare.

### **Serves 4 as a dessert**

400g rhubarb, rinsed, trimmed and chopped into 1" chunks	Pinch of salt
200g fresh or frozen strawberries	1 tsp vanilla extract
100g fresh or frozen blueberries	1 tbsp balsamic vinegar
1 tbsp honey	500g Greek yoghurt
1 star anise	(Optional: handful of cacao nibs)

### **Method:**

Add all the ingredients, except the Greek yoghurt, into a pan and cook on a medium heat for approximately 10 minutes with the lid on, until the rhubarb has softened. Stir occasionally.

When the fruits are all softened, remove from the pan (strain ideally), leaving the juice at the bottom. Cook on a medium high heat for approximately 20 minutes until the juice has thickened and reduced.

Add to the fruit and allow to cool to room temperature.

Serve on top of two good sized dollops of Greek yoghurt per portion. To add a tasty crunch, scatter a few cacao nibs on top of the fruit.