

Fruity veg is full of good things

So far in this seasonal series we have focussed on the wonderful vegetables available to us, but this time we are going to take our first foray into the delights of seasonal fruit...or are we?! I have to admit when I was planning this column I did think this would be my first fruit-based recipe, however, despite being used in a myriad of puddings rhubarb is in fact a vegetable! Given its long-standing history in “sweet” dishes the US even reclassified it as a fruit in 1947.

Rhubarb is typically in season in the UK from around April through till late summer (forced rhubarb is usually available December to March, and field grown from April to September). While it is most commonly used in crumbles, pies, and stewed sweet, this recipe will allow you to enjoy rhubarb with both sweet and savoury dishes. It is a good source of vitamins K, and A, and fibre, as well as antioxidants anthocyanins and proanthocyanidins which give rhubarb its colour.

The herbs we use also have the potential to contribute to our health. Thyme, a member of the mint family, contains good levels of vitamins C and A, as well as copper, iron, and manganese. It also contains a variety of flavonoids including, apigenin, naringenin, luteolin and thymonin which contribute to its antioxidant capacity.

This recipe is incredibly simple but can be an exciting addition to a variety of dishes!

Thyme Roasted Rhubarb

(serves 4-6)

4 medium sized stalks of rhubarb

leaves from medium bunch of thyme

1-2 tbsp of honey or maple syrup

Heat the oven to 180 degrees (160 fan).

Cut the rhubarb into 2-3cm long chunks (cut straight or on the diagonal), mix with the thyme leaves and honey or maple syrup, then arrange in an ovenproof dish.



Roast in the oven for 15-20 minutes until the rhubarb is soft when tested with a knife, but still holds its shape.

This is lovely served warm with some live yoghurt and chopped nuts, with a cheese board or even as an alternative to apple sauce with roast pork.

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