**Apricot Strudel**

**Ingredients**

500g apricot halves, defrosted and drained

2 tablespoon brown sugar

1/2 teaspoon ground mixed spice

3/4 cup (120g) sultanas

1/4 cup (35g) roasted sunflower seeds, crushed

2 lots of 6 sheets filo pastry

1 tablespoon non-fat milk

1 tablespoon white sugar

***Lemon Verbena Cream***

*300ml fresh thick cream*

*20 leaves lemon verbena, washed*

*1 tablespoon honey*

**Method**

Preheat oven to 200°C

1. Roast the sunflower seeds on a dry tray for 10 minutes (while oven is pre-heating). Let cool in a small bowl before using the mortar and pestle to crush them slightly.
2. Heat the cream and honey, add the lemon verbena leaves. Let sit and the leaves will infuse to flavour the cream. Refrigerate for the next group
3. Grease the oven tray using a little olive oil.

In a medium size bowl, combine apricots, sugar, mixed spice, sultanas and seeds.

4. Stack pastry sheets, brushing each lightly with milk as you layer. Make two strudels of 6 sheets each.

5. Spread apricot mixture over pastry, leaving 5cm space at edge of both short sides and 2cm at edge of one long side.

6. Fold short sides over; starting from filled long-side edge, roll strudel to enclose filling.

7. Place seam-side down on tray. Brush with remaining milk and sprinkle white sugar over the top. Repeat with the second strudel.

8. Bake strudel, for about 25 minutes, or until browned lightly. Allow to cool before cutting into 15 portions (make two)