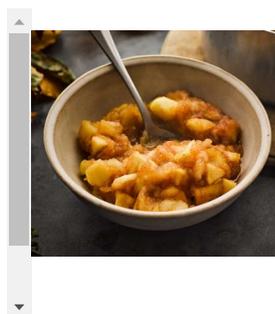


## Easy stewed apple

**L** Prep: 5 mins  
Cook: 10 mins

 Easy

 Serves 2 - 4



Alternatives

Complete the dish



Cinnamon-stewed apple  
★★★★★ 9 ratings



Apple, cardamom & ste  
★★★★★ 2 ratings



Easy chicken cass  
★★★★☆ 201 ratings

## Ingredients

3  
apples  
peeled, cored and chopped (see tip)

2-4 tbsp caster or  
light brown soft sugar  
(depending on the sweetness of the apples)

1 tbsp lemon juice

½ tsp  
ground cinnamon

## Method

### Step 1

Put the apples, sugar, lemon juice and cinnamon in a small [pan](#) with 1 tbsp water. Cover and cook over a medium heat for 5-10 mins, or until the apples are tender when pierced with the tip of a knife.

## Step 2

If you prefer a smoother mixture, continue to cook for a further 5 mins, uncovered, stirring frequently to break down the apples into a compote.

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