

Poached pears in citrus & honey syrup



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Preparation 20 mins | Cooking 25 mins | Serves 4

1 cup blood or Navel orange juice (about 3 oranges)

¼ cup lemon juice

⅓ cup honey

¼ cup caster sugar

2 cinnamon sticks

¼ cup lemon juice

4 medium Beurre Bosc pears, peeled, cored and quartered lengthways
toasted flaked almonds, to serve

reduced fat thick natural yoghurt, to serve

STEP 1 Strain orange and lemon juice into a medium saucepan. Add honey, sugar and cinnamon sticks. Stir over medium heat until sugar dissolves. Cover and bring to the boil.

STEP 2 Add pears to syrup. Reduce heat, partially cover and simmer, stirring occasionally, for 10-12 minutes or until pears just soften. Uncover, and cook over medium-high heat for 4-5 minutes or until syrup is reduced by a third and pears are tender. Remove pan from heat and set aside to cool slightly.

STEP 3 Spoon warm pears and syrup into serving bowls, sprinkle with toasted flaked almonds and serve with thick natural yoghurt.

Note: If using blood oranges, for an intense pink colour leave the pears in the poaching syrup for 4 hours or overnight in an airtight container in the fridge.

Good for you... PEARS

A good source of dietary fibre. Pears are also a natural source of sorbitol, which helps keep the body regular. Provide vitamin C, an important vitamin for healthy gums and blood vessels. A fruit with a low GI, which means it releases its natural sugars slowly.

