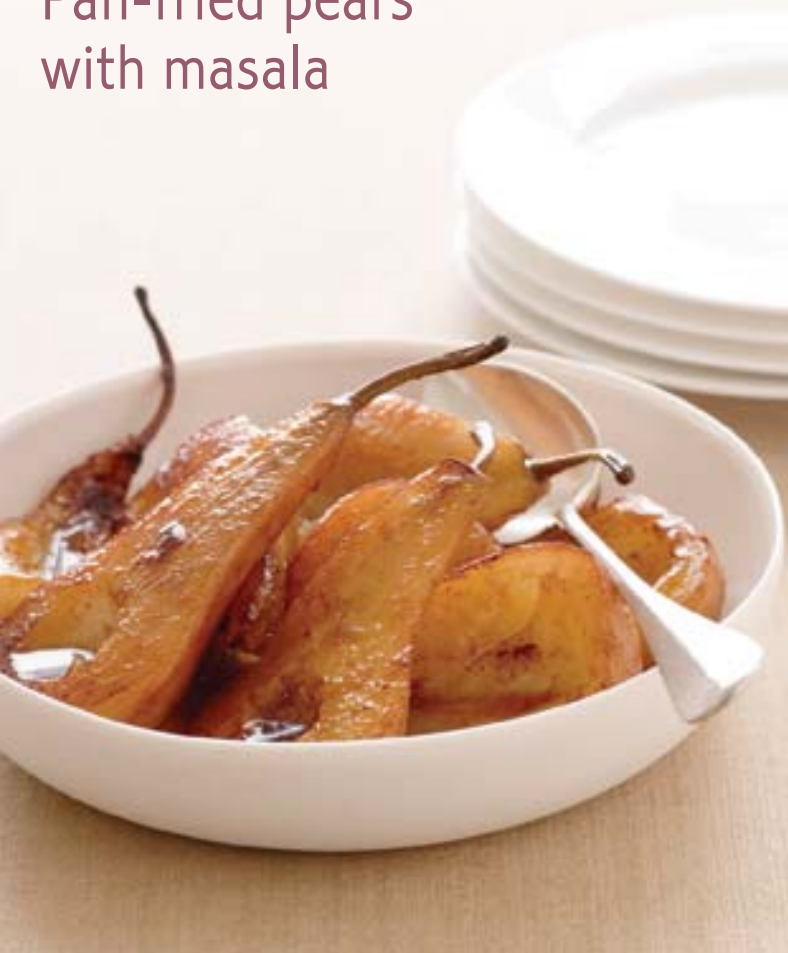


Pan-fried pears with masala



Pan-fried pears with masala

Preparation: about 10 mins **Cooking:** about 10 mins **Serves:** 4

Ingredients:

- 1 tbs butter
- 4 Beurre Bosc pears, peeled, halved lengthways and core removed
- 2 tbs brown sugar
- 1/2 tsp ground cinnamon
- 1/2 cup masala
- reduced fat vanilla ice-cream, to serve

Method:

1. Heat butter in a large non-stick frying pan over medium-high heat until bubbling. Add pears and cook for 2-3 minutes on each side or until golden. Sprinkle pears with cinnamon and brown sugar. Turn pears over and cook, gently shaking the pan, for 1 minute or until sugar begins to melt.
2. Remove from heat. Pour masala over pears. Cover and simmer over low heat for 5 minutes or until pears are tender. Spoon pears into serving plates and drizzle with pan juices. Serve with reduced fat vanilla ice-cream.



Beurre Bosc pears:

- A good source of dietary fibre. An average pear has as much fibre as almost 2 cups of cooked brown rice.
- Provide vitamin C, a vitamin that is important for healthy gums and blood vessels.
- A fruit with a low GI, which means it gives a sustained release of energy.