

Pear, date & chocolate crumble



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Preparation: about 20 minutes

Cooking: about 45 minutes

Serves: 6–8

5 Beurre Bosc pears

1 lemon, juiced

2 tbs water

Butter, for greasing

10 fresh Medjool dates halved, pitted and roughly chopped

125g dark chocolate, roughly chopped

Crumble

$\frac{3}{4}$ cup plain flour

$\frac{3}{4}$ cup lightly packed brown sugar

$\frac{1}{2}$ cup rolled oats

$\frac{1}{2}$ tsp ground cinnamon

125g chilled butter, cut into small cubes

1. Peel, quarter lengthways and core pears. Roughly chop and place in a 20cm square baking dish. Sprinkle with lemon juice and water. Gently toss to combine. Cover and microwave on high for 6-8 minutes until just tender. Drain pears. Wipe baking dish dry with paper towel and grease with butter. Combine pears and dates and spoon into prepared dish. Set aside to cool.
2. Preheat oven to 180°C. To make crumble, combine flour, brown sugar, oats and cinnamon in a bowl. Rub in butter until mixture resembles coarse breadcrumbs. Top pear and dates with chocolate and sprinkle with crumble. Bake for 35–40 minutes until pears are tender and crumble is crisp. Stand for 10 minutes and serve.



Pears

- A good source of dietary fibre. An average pear has as much fibre as almost 2 cups of cooked brown rice. 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 gives a sustained release of energy.
- A source of vitamin E. Among its many functions, vitamin E helps prevent tissues being damaged by free radicals – a more common problem as we grow older.