

# Poached pears in citrus & honey syrup



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**Preparation:** about 20 mins **Cooking:** about 25 mins **Serves:** 4

### Ingredients:

- 1 cup blood or Navel orange juice (about 3 oranges)
- 1/4 cup lemon juice
- 1/3 cup honey
- 1/4 cup caster sugar
- 2 cinnamon sticks
- 4 medium Beurre Bosc pears, peeled, cored and quartered lengthways
- toasted flaked almonds, to serve
- reduced fat thick natural yoghurt, to serve

### Method:

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.
2. Add pears to syrup. Reduce heat to low, partially cover and simmer, stirring occasionally, for 10–12 minutes or until pears begin to 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.
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.*



### 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.