

Roasted pear, fennel & Serrano ham salad

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Preparation 20 mins | Cooking 35-40 mins | Serves 4

- 4 firm Packham pears, quartered lengthways and cored
- 1 tbs extra virgin olive oil + extra for drizzling
- 1 tbs honey
- 1 tbs caramelised balsamic vinegar
- 5 thyme sprigs
- 2 baby fennel bulbs, trimmed
- 12 thin slices Serrano ham (or use prosciutto)
- 125g soft goat's cheese, crumbled

STEP 1 Preheat oven to 200°C/180°C fan-forced. Line a roasting pan with baking paper. Arrange pears flesh-side up in the roasting pan. Drizzle with oil, honey and balsamic vinegar and sprinkle with thyme. Season with salt and pepper. Toss pears to coat. Roast pears for 35-40 minutes, tossing occasionally, or until pears are just tender. Remove from heat and set aside to cool to room temperature.

STEP 2 Using a V-slicer or sharp knife, very thinly slice fennel and plunge into a bowl of iced water. Stand for 5 minutes then drain and pat dry.

STEP 3 Arrange pears on serving plates. Top with fennel, serrano ham (or prosciutto) and goat's cheese. Drizzle with extra virgin olive oil and serve.

Good for you... PEARS

A good source of dietary fibre. Provides 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. Among its many functions, vitamin E helps prevent tissues being damaged by free radicals - a more common problem as we grow older.

