

Roasted pears with honey & walnut syrup



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Preparation 20 mins | Cooking 30 mins | Serves 4

- 4 Beurre Bosc pears
- 3 tbs butter
- $\frac{1}{4}$ tsp ground cinnamon
- 2 tbs caster sugar
- $\frac{1}{8}$ cup walnuts, roughly chopped
- $\frac{1}{4}$ cup honey

Reduced fat Greek-style yoghurt or vanilla ice-cream, to serve

STEP 1 Preheat oven to 200°C/180°C. Peel, core and quarter pears lengthways. Place pears into a medium non-stick baking pan.

STEP 2 Place 2 tbs butter in a heatproof bowl. Microwave on high/100% power 45 seconds or until melted. Stir in cinnamon. Drizzle butter mixture over pears and sprinkle with sugar. Gently toss pears to coat in butter mixture and sugar. Roast pears, turning occasionally, for 25-30 minutes or until just tender. Set aside to cool slightly.

STEP 3 Meanwhile, heat a small frying pan over medium-low heat. Add remaining 1 tbs butter and heat until bubbling. Add walnuts and cook, stirring often, for 1-2 minutes or until golden (do not allow butter to burn). Remove from heat and stir in honey.

STEP 4 Place warm pears in serving bowls. Drizzle with warm honey and walnut syrup and serve with yoghurt or vanilla ice-cream.

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.

