

# Roasted pears with passionfruit & honey



## Roasted pears with passionfruit & honey

**Preparation:** about 15 minutes

**Cooking:** about 30 minutes

**Serves:** 6

6 firm Beurre Bosc pears

½ cup honey

1½ tbs brown sugar

4–5 passionfruit, pulp removed  
(about ⅓ cup pulp)

Reduced fat vanilla ice-cream, to serve

1. Preheat oven to 180°C. Quarter pears lengthways and remove core. Line the base of a large roasting pan with baking paper.
2. Combine honey, brown sugar and passionfruit pulp in a jug. Drizzle mixture evenly over pears. Gently toss to coat pears in mixture. Roast pears, tossing once, for 25–30 minutes until tender. Serve pears, warm or at room temperature, with 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.