

Poached Citrus Pears

Serves: 2

Prep time: 5 minutes

Cook time: 20 minutes



1 serve per portion

Ingredients

1 lemon, zest and juice

1 orange, juiced

1 cinnamon stick

¼ cup sugar

500mL water

2 pears, peeled

2 tablespoons natural yoghurt

30g toasted walnuts

Method

PLACE lemon zest, lemon juice and orange juice in a small saucepan.

ADD cinnamon, sugar and water to the saucepan and bring to the boil.

COOK until the sugar dissolves.

PLACE pears into saucepan and reduce heat.

SIMMER gently for 10 to 12 minutes, or until tender.

REMOVE from heat and leave to cool.

SERVE the pears with yoghurt, nuts and 4 tablespoons of poaching liquid per person.



Discretionary Food

Recipe courtesy of the Country Kitchens team