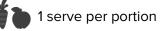
Poached Citrus Pears

Serves: 2 Prep time: 5 minutes Cook time: 20 minutes



Ingredients

1 lemon, zest and juice 1 orange, juiced 1 cinnamon stick ¹⁄₃ cup sugar 500mL water 2 pears, peeled 2 tablespoons natural yoghurt 30g toasted walnuts



Discretionary Food

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.

Recipe courtesy of the Country Kitchens team

