



POACHED PEARS WITH WALNUT CHOCOLATE SAUCE

-  **Prep:** 10 minutes
-  **Cook:** 10-15 minutes
-  **Serves:** 4

INGREDIENTS:

- 4 ripe pears (675g)
- 200ml apple juice
- 25g 70% dark chocolate
- 1½ tbsp walnuts, roughly chopped (16g)
- 50g fat free natural yogurt
- ¼ tsp **LoSalt**

METHOD:

1. Peel the pears leaving the stalks on and trim the bases so that they sit upright. Place in a medium saucepan and add the apple juice and 400ml water, bring to the boil and simmer for 10-15 minutes or until tender. Remove pears from the cooking juice and set aside, reserving the juices.
2. Meanwhile, place the chocolate and 2 tbsp of the cooking juices in a bowl over a saucepan of simmering water to melt. Remove the bowl and stir in the half the walnuts, the yogurt and **LoSalt**. Place the pears on dessert plates, drizzle over the chocolate sauce and sprinkle with remaining walnuts.

Each serving contains



of your guideline daily amount

COOKS TIP:

Try using peaches or nectarines and sprinkle with pistachio nuts.