

Thyme & Mint Poached Pears with Raspberry Sauce

Serves: 4

Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients:

- 150g caster sugar
- 4 ripe Conference pears, peeled (620g)
- 10g fresh thyme from a living pot + 1 tbsp chopped thyme
- 3 sprigs mint
- 300g raspberries
- Juice of ½ lemon



Method:

- Place the sugar and 500ml water in a medium saucepan and add bring to the boil, simmer for 2 minutes until the sugar has dissolved.
- Trim the bases of the pears so they stand upright. Add the thyme, mint and pears to the syrup, cover and simmer for 15 minutes.
- Remove the pears and set aside, discard the herbs and boil the syrup until reduced by half, about 8 minutes. Add the raspberries and lemon juice and cook for 1-2 minutes, blend with a hand held blender, sprinkle reserved thyme leaves and serve with the pears.

Nutritional information per serving:

Kcal	Sugar	Fat	Sat Fat	Salt
249	60	Trace	Trace	Trace