



BEET THE BLUES

Eat well • Live better

GRILLED WILLIAM'S PEAR, CRANBERRY COMPOTE, PUMPKIN SEEDS & TOASTED ALMONDS

Serves 4

INGREDIENTS

4	William's pear
140g	Cranberry compote
40g	Toasted flaked almonds
20g	Toasted pumpkin seeds
40g	Manuka honey
20ml	Rapeseed Oil
to dust	Icing sugar



METHOD

1. Remove pear stalk, cut into three even slices and brush with rapeseed oil.
2. On a hot grill plate, bar mark the pears and grill on both sides until lightly softened.
3. Remove from the grill and allow to cool slightly.
4. Place the grilled pear neatly on a plate over lapping.
5. Mix the toasted almonds, Manuka honey and pumpkin seeds together likely to bind.
6. Dress down the middle of the pears with the cranberry compote neatly.
7. Top with the toasted pumpkin seeds, almonds and Manuka honey mix.
8. Dust with a little icing sugar and serve.

