

Fruit compote with spiced ricotta

Serves 2

Ingredients

- 2 pears
- 25g dried apricots
- 1 teaspoon extra virgin olive oil
- 1 tablespoon sultanas
- ½ teaspoon ground cardamom
- ½ teaspoon ground cinnamon
- ¼ cup walnuts, crushed

Spiced ricotta

- ¾ cup ricotta, reduced fat
- A pinch of ground cinnamon
- ½ teaspoon grated orange zest



Method

1. Peel, core and finely slice pear. Roughly chop dried apricots.
2. Heat oil in a frying pan over a medium-low heat. Add pears, sultanas, apricot, cardamom and cinnamon. Gently mix through until combined.
3. Allow to simmer gently, stirring occasionally for 10 minutes or until the pears have softened. Remove from heat.
4. In a bowl combine the ricotta, cinnamon and orange zest. With a whisk or wooden spoon, whip until light and fluffy.
5. In a separate frying pan over a medium heat, toast the walnuts until golden brown in colour (2-3 minutes). Remove from pan and set aside.
6. Serve pear compote warm topped with a spoon of spiced ricotta and toasted walnuts.