



Caramelised Pear & Pecan Pancakes

with Syrup & Cream

Grab your Meal Kit with this symbol



Pear



Pecans



Hazelnuts



Thickened Cream



Greek-Style Yoghurt



Dry Pancake Mix



Sweet Golden Spice Blend



Maple-Flavoured Syrup

Prep in: **20 mins**
Ready in: **25 mins**

Decadent and fluffy, these pancakes are a weekend brunch must. Plus they are topped with the works: caramelised pear and nuts, cream and drizzled with maple-flavoured syrup. Pile them high, pair with your favourite drink and indulge!

Pantry items

Olive Oil, Butter, Brown Sugar, Milk, Eggs

SM



Before you start

Wash your hands and any fresh food.

You will need

Electric beaters (or a metal whisk) · Large non-stick frying pan

Ingredients

	2 People
olive oil*	refer to method
pear	2
pecans	1 medium sachet
hazelnuts	1 medium packet
thickened cream	1 medium packet
butter* (for the pear)	20g
brown sugar*	1 tbs
butter* (for the pancakes)	40g
milk*	¼ cup
Greek-style yoghurt	1 large packet
eggs*	2
dry pancake mix	1 medium packet
sweet golden spice blend	1 sachet
maple-flavoured syrup	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5450kJ (1303Cal)	997kJ (238Cal)
Protein (g)	27.6g	5.1g
Fat, total (g)	68.4g	12.5g
- saturated (g)	31.5g	5.8g
Carbohydrate (g)	138.4g	25.3g
- sugars (g)	77.1g	14.1g
Sodium (mg)	1365mg	250mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Thinly slice **pear**. Roughly chop **pecans** and **hazelnuts**.



Make the pancake batter

- In a large heatproof bowl, place **butter (for the pancakes)**. Microwave in **10 second** bursts until melted.
- Add the **milk**, **Greek-style yoghurt** and the **eggs** to the **butter**. Lightly whisk to combine.
- Add **dry pancake mix** and **sweet golden spice blend** and whisk until just combined.

TIP: Don't worry if the batter is thick, it makes for fluffy pancakes!



Whip the cream

- In a large bowl, whisk **thickened cream** with electric beaters or a metal whisk until soft peaks form and almost doubled in size, **3-4 minutes**. Set aside.

TIP: If you don't have electric beaters, use a hand whisk!

TIP: For maximum volume, chill both your bowl and cream before whipping.



Cook the pancakes

- Wipe out frying pan, then return to medium heat with a drizzle of **olive oil**. When oil is hot, cook **pancakes** in batches, until golden and set, **3-5 minutes** each side (use 1/3 cup batter per pancake).

TIP: Use some butter for frying if preferred.

TIP: Save time and cook your pancakes on two non-stick frying pans if possible!



Caramelise the pears

- In a large non-stick frying pan, heat the **butter (for the pear)** and a drizzle of **olive oil** over medium-high heat.
- Cook **pear**, stirring, until softened, **3-5 minutes**. Reduce heat to medium. Add the **brown sugar**, **hazelnuts** and **pecans** and mix well. Cook until reduced and sticky, **2-3 minutes**. Transfer to a bowl.



Serve up

- Divide pancakes between plates.
- Top with caramelised pear and nuts. Drizzle with some **maple-flavoured syrup** and dollop with whipped cream to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

