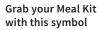




# Caramelised Pear & Pecan Pancakes

with Syrup & Cream











Thickened Cream







Yoghurt



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)  $\cdot$  Large non-stick frying pan

## Ingredients

	2 People
olive oil*	refer to method
pear	2
pecans	1 medium packet
hazelnuts	1 medium packet
thickened cream	1 medium packet
butter* (for the pear)	20g
brown sugar*	1 tbs
butter* (for the pancakes)	40g
milk*	1/4 cup
Greek-style yoghurt	1 large packet
eggs*	2
dry pancake mix	1 medium packet
sweet golden spice blend	1 medium sachet
maple-flavoured syrup	1 packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2270kJ (542Cal)	775kJ (185Cal)
Protein (g)	17.8g	6.1g
Fat, total (g)	29.3g	10g
- saturated (g)	13.6g	4.6g
Carbohydrate (g)	50.3g	17.2g
- sugars (g)	32.7g	11.2g
Sodium (mg)	509mg	174mg

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.



## 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.



## 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.



# 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!



# 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!



#### 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!



Scan here if you have any questions or concerns



#### Rate your recipe

We need your expertise! Let our Culinary team know what you thought: hellofresh.com.au/rate

