

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

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

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 frying)	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)	5455kJ (1304Cal)	998kJ (239Cal)
Protein (g)	27.4g	5g
Fat, total (g)	68.7g	12.6g
- saturated (g)	31.6g	5.8g
Carbohydrate (g)	138.3g	25.3g
- sugars (g)	77.2g	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

Place the **butter (for the pancakes)** in a large heatproof bowl and microwave in **10 second** bursts until melted. Add the **milk**, **Greek-style yoghurt** and the **eggs** to the bowl. 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, **2-3 minutes**.

TIP: For the perfect soft peaks, whip until the cream just clings to the whisk or beater when lifted.



Cook the pancakes

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

TIP: Use some butter for frying if preferred.

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



Caramelise the pears

In a large non-stick frying pan, heat the **butter (for frying)** 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** and **nuts** 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!

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