

Caramelised Pear & Pecan Pancakes

with Syrup & Cream

NEW



Grab your Meal Kit with this symbol



Pear



Pecans



Hazelnuts



Dry Pancake Mix



Sweet Golden Spice Blend



Maple-Flavoured Syrup



Thickened Cream



Greek-Style Yoghurt



Diced Bacon

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pear	2	4
pecans	1 medium packet	1 large packet
hazelnuts	1 medium packet	1 large packet
thickened cream	1 medium packet	2 medium packets
butter* (for the pear)	20g	40g
brown sugar*	1 tbs	2 tbs
butter* (for the pancakes)	40g	80g
milk*	¼ cup	½ cup
Greek-style yoghurt	1 large packet	2 large packets
eggs*	2	4
dry pancake mix	1 packet	2 packets
sweet golden spice blend	1 sachet	2 sachets
maple-flavoured syrup	1 packet	2 packets
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

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

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5840kJ (1396Cal)	987kJ (236Cal)
Protein (g)	34.3g	5.8g
Fat, total (g)	75.3g	12.7g
- saturated (g)	34g	5.7g
Carbohydrate (g)	139.3g	23.6g
- sugars (g)	77.7g	13.1g
Sodium (mg)	1797mg	304mg

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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

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



Make the pancake batter

- In a large greenproof 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

- Using electric beaters, whisk **thickened cream** in a large bowl or jug 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 1/3 cups of **pancake batter**, in batches, until golden and cooked through, **3-5 minutes** each side.

TIP: Use some butter for frying if preferred.

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

Custom Recipe: If you've added diced bacon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Set aside.



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**, **pecans** and **hazelnuts** and mix well. Cook until reduced and sticky, **2-3 minutes**. Transfer to a bowl.



Serve up

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

Custom Recipe: Top pancakes with cooked bacon.

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