



Buttery Honey Cinnamon Pear Pancakes with Crispy Bacon and Toasted Almonds

Brunch 30 Minutes • 1 of your 5 a day

N° 3A



Pear



Pancakes



Streaky Bacon



Soured Cream



Honey



Flaked Almonds



Butter



Ground Cinnamon

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Aluminum Foil, Bowl, Frying Pan.

Ingredients

	Quantity
Pear**	2
Pancakes 7) 8) 13)**	4
Streaky Bacon**	6 rashers
Soured Cream 7)**	150g
Honey	2 sachets
Flaked Almonds 2)	15g
Butter 7)**	30g
Ground Cinnamon	½ sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	466g	100g
Energy (kJ/kcal)	3694 /883	792 /189
Fat (g)	47	10
Sat. Fat (g)	22	5
Carbohydrate (g)	93	20
Sugars (g)	54	12
Protein (g)	21	4
Salt (g)	2.75	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 8) Egg 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

Preheat your oven to 180°C. Quarter the **pear** lengthways, remove the core and thinly slice (no need to peel). Pop the **pancakes** onto a large baking tray in a single layer. Line another baking tray with foil and lay the **bacon rashers** on in a single layer. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Put the **soured cream** in a bowl and add **half the honey**. Mix together and set aside. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Bakin' the Bacon

When the oven is hot, pop the **bacon** on the top shelf of your oven to bake until golden, 15-20 mins. **IMPORTANT:** Cook bacon thoroughly.



Toast the Almonds

Meanwhile, heat a large frying pan on medium heat (no oil). Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch them like a hawk as they can burn easily. Transfer the **almonds** to a bowl and pop your pan back on medium-high heat.



Cook the Pears

Add the **butter** to your pan and lower the heat to medium. Allow it to melt, then add the **pear** slices, remaining **honey** and **cinnamon** (see ingredients for amount). Add a pinch of **salt** and cook the **pears** until nicely softened and juicy, 4-6 mins. Turn every minute. Once softened, remove from the heat and set aside.



Warm the Pancakes

Meanwhile, pop the **pancakes** in the oven to warm through, 2-3 mins. Once warmed, remove from your oven and spread the **soured cream mixture** evenly on top of each **pancakes**.



Finish and Serve

Stack two **pancakes** on each of your plates and top with the **honey buttery pears**, **bacon** and a sprinkling of **toasted almonds**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.