



Buttery Honey Cinnamon Pear Pancakes

with Crispy Bacon and Toasted Almonds

Breakfast 25-30 Minutes

3A



Pear



Pancakes



Streaky
Bacon



Soured
Cream



Honey



Flaked
Almonds



Unsalted
Butter



Ground
Cinnamon

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tool start

Baking tray, bowl, aluminium foil and 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
Unsalted Butter** 7)	30g
Ground Cinnamon	½ sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	476g	100g
Energy (kJ/kcal)	3646 / 919	808 / 193
Fat (g)	50.1	10.5
Sat. Fat (g)	22.5	4.7
Carbohydrate (g)	94.1	19.8
Sugars (g)	47.8	10.0
Protein (g)	22.8	4.8
Salt (g)	2.91	0.61

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nuts 7) Milk 8) Egg 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Packed in the UK

The Fresh Farm

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1



Get Prepped

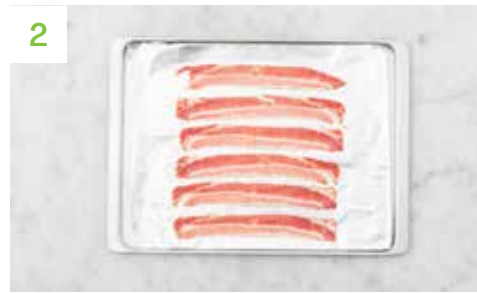
Preheat your oven to 200°C/180°C fan/gas mark 6.

Quarter the **pear** lengthways (no need to peel), remove the core and thinly slice.

Pop the **pancakes** onto a large baking tray in a single layer.

In a small bowl, mix together the **soured cream** and **half the honey**. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Set aside.

2



Bake the Bacon

Line another baking tray with foil and lay the **bacon rashers** on in a single layer.

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

IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.

3



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.

Once toasted, transfer the **almonds** to a small bowl and pop your pan back on medium-high heat.

4



Cook the Pears

Melt the **butter** in the pan, then add the **pear slices**, remaining **honey** and **cinnamon** (see ingredients for amount) with a pinch of **salt**.

Cook the **pears** until softened and sticky, 4-6 mins, turning every min.

Once softened, remove from the heat and set aside.

5



Pancake Time

Meanwhile, pop the **pancakes** on the middle shelf of the oven to warm through, 2-3 mins.

Once warmed, remove from the oven and spread the **honey soured cream** evenly on top of each.

6



Finish and Serve

Transfer the **pancakes** to your plates (2 per person), and place one on top of the other to make **pancake stacks**.

Top with the **honeyed pears**, spooning over all the **juices** from the pan.

Finish with the **crispy bacon** and a sprinkling of **toasted almonds**.

Enjoy!