



Crispy Bacon and Smashed Avocado on Toast with Peanut and Honey Pancakes

3A

Brunch 35-40 Minutes • 1 of your 5 a day



Creme Fraiche



Peanut Butter



Honey



Salted Peanuts



Mini Sourdough
Cob



Streaky Bacon



Baby Plum
Tomatoes



Balsamic Vinegar



Avocado



Lime



Pancakes



Greek Style
Salad Cheese

Pantry Items
Olive Oil, Salt, Pepper

Before you start

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

Cooking tools

Bowl and baking tray.

Ingredients

Ingredients	Quantity
Crème Fraîche** 7)	75g
Peanut Butter 1)	1 sachet
Honey	1 sachet
Salted Peanuts 1)	25g
Mini Sourdough Cob	¾
Streaky Bacon**	8 rashers
Baby Plum Tomatoes	125g
Balsamic Vinegar 14)	1 sachet
Avocado	1
Lime**	1
Pancakes 7) 8) 13)	4
Greek Style Salad Cheese** 7)	100g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	577g	100g
Energy (kJ/kcal)	5472/1308	948/227
Fat (g)	76.8	13.3
Sat. Fat (g)	27.6	4.8
Carbohydrate (g)	107.0	18.5
Sugars (g)	26.3	4.6
Protein (g)	46.0	8.0
Salt (g)	5.23	0.91

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 7) Milk 8) Egg 13) Cereals containing gluten
14) Sulphites

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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Prep for Pancakes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Mix the **crème fraîche**, **peanut butter** and **honey** together in a small bowl. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.* Set aside in the fridge to chill until needed.

Roughly chop the **peanuts** and set aside.



Roast the Tomatoes

When the **bacon** is 8 mins from being cooked, put the **tomatoes** onto another baking tray.

Roast on the top shelf until they're softened and starting to burst, 6-8 mins, then remove from the oven.



Bake the Bacon

Meanwhile, cut 2 slices of **sourdough** per person and set aside.

Lay the **bacon** in a single layer onto a lined baking tray and bake on the middle shelf until golden brown and crispy, 10-15 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

Meanwhile, halve the **baby plum tomatoes**. Put the **tomatoes** into another small bowl and dress with the **balsamic vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then set aside.



Pancake Stack Up

Pop the **pancakes** in your oven until warmed through, 2-3 mins.

Meanwhile, toast the **sourdough** in your toaster until golden.

Spread the **peanut butter mixture** evenly over each warm **pancake**.

Stack 2 **pancakes** on each plate and sprinkle over the **chopped peanuts**.



Mash your Avocado

While the **bacon** cooks, halve the **avocado** and remove the stone.

Use a tablespoon to scoop the flesh into a bowl. Using the back of a fork, roughly mash the **avocado**.

Halve the **lime** and squeeze in **lime juice** to taste. Season with **salt** and **pepper**, then set aside.



It's Brunch Time

Pop your **toast** on separate plates (2 pieces per person) and spread over the **crushed avocado**.

Top with the **crispy bacon** and **balsamic tomatoes**, then crumble over the **Greek style salad cheese**. Your two course brunch is served!

Enjoy!