



Peanut Butter Honey Porridge with Berry Compote and Pecans

Breakfast 5 Minutes • Veggie

3A



Pecans



Instant Oats



Peanut Butter



Honey



Red Berry
Compote

Before you start

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

Cooking tools

Kettle and bowl.

Ingredients

	Quantity
Pecans 2)	25g
Instant Oats 13)	60g
Peanut Butter 1)	1 sachet
Honey	1 sachet
Boiling Water*	150ml
Red Berry Compote	1 sachet

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	165g	100g
Energy (kJ/kcal)	2834/677	1718/410
Fat (g)	39.1	23.7
Sat. Fat (g)	5.2	3.2
Carbohydrate (g)	60.4	36.6
Sugars (g)	23.5	14.2
Protein (g)	19.1	11.6
Salt (g)	0.03	0.02

Nutrition for uncooked ingredients based on 1 person recipe.

Allergens

1) Peanut 2) Nuts 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

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 You can recycle me!



1



2



3



Get Prepped

a) Fill and boil your kettle.

b) Roughly chop your **pecans**.

c) Put your **porridge oats**, **peanut butter** and **honey** in a bowl (the same one you're going to serve in).

Stir

a) Pour the **boiling water** (see ingredients for amount) into the bowl with the **oats**.

b) Add a pinch of **salt**, then mix with a spoon continuously until the **porridge** is creamy and combined.

Finish and Serve

a) Dollop the **compote** over the **porridge**.

b) Sprinkle over the **pecans**.

Enjoy!