



Smashed Avo & Bacon on Toasted Sourdough

With Peanut & Maple Syrup Buttermilk Pancakes

Nº 20

BRUNCH 35 Minutes • 2 of your 5 a day



Crème Fraîche



Peanut Butter



Maple Syrup



Salted Peanuts



Streaky Bacon Rasher



Baby Plum Tomatoes



Balsamic Vinegar



Avocado



Lime



Spring Onion



Pancakes



Feta Cheese

Before you start

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

Basic cooking tools you will need:

Small Whisk and Two Baking Trays.

Ingredients

	2P	3P	4P
Crème Fraîche 7)**	75g	100g	150g
Peanut Butter 1)	1 pot	1½ pots	2 pots
Maple Syrup	2 sachets	3 sachets	4 sachets
Salted Peanuts 1)	1 small bag	1 large bag	1 large bag
Sourdough 13)	4	6	8
Streaky Bacon Rasher**	8 rashers	12 rashers	16 rashers
Baby Plum Tomatoes	1 small punnet	2 punnets	2 punnets
Balsamic Vinegar 14)	1 sachets	1½ sachets	2 sachets
Avocado**	1	2	2
Lime**	1	1	1
Spring Onion**	1	2	2
Pancakes 7) 8) 13)	4	6	8
Feta Cheese 7)**	1 block	2 blocks	2 blocks

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	645g	100g
Energy (kJ/kcal)	5364 /1282	832 /199
Fat (g)	76	12
Sat. Fat (g)	26	4
Carbohydrate (g)	110	17
Sugars (g)	36	6
Protein (g)	44	7
Salt (g)	5.14	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 7) Milk 8) Egg 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Pancake Prep

Preheat your oven to 200°C. Mix the **crème fraîche** and **peanut butter** in a small bowl. Use a fork or small whisk to combine. Taste and add **sugar** to taste. Set aside in the fridge to chill until needed. Mix **half** of the **maple syrup** with the **peanuts** then pop on a lined baking tray in a single layer. Bake on the top shelf of your oven until golden and sticky 5-7 minutes. Set aside to cool.



4. Cook The Tomatoes

When the **bacon** is 8 mins away from being cooked, put the **tomatoes** on a tray on the top shelf of your oven and cook until they begin to become sticky and glazed, 6-8 mins.



2. Prep the Tomatoes

Meanwhile, cut 2 slices of **sourdough** per person and set aside. Lay the **bacon** in a single layer on a baking paper lined tray and bake on the middle shelf until golden brown and crispy, 10-15 minutes. **IMPORTANT:** Cook the **bacon** throughout. Meanwhile, halve the **baby plum tomatoes**. Put the **tomatoes** in a small bowl and dress with the **balsamic vinegar** and a splash of **oil**. Set aside.



5. Make Your Pancakes

Pop the **pancakes** in your oven until they are warmed through, 2-3 mins. Toast the **sourdough** in your toaster until golden. Spread the **peanut butter crème fraîche** evenly over each **pancake**. Crumble the **maple peanuts** into small pieces. Stack 2 together and top with more **maple peanuts**.



3. Crush the Avocado

Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh into a bowl. Using the back of a fork mash the **avocado** until you have a chunky guacamole consistency. Halve the **lime** and squeeze in **half** the **juice**. Trim the **spring onions** then slice thinly. Add to the **avocado** and season to taste with **salt** and **pepper**. Stir and set aside.



6. Time To Serve

Put your **pancake stacks** on a plate and top with the remaining **maple syrup**. Spread the **crushed avocado** on your **sourdough** and top with the **crispy bacon**. Serve **balsamic tomatoes** on top of the **bacon** and crumble the **feta** over.

Enjoy Your Two Course Brunch!

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.