



# Temptingly Tasty Blueberry French Toast with Candied Bacon

Breakfast 25-30 Minutes

10A

Find all your unchilled Market items in bag A.



Blueberries



Caster Sugar



Streaky Bacon



Ground Cinnamon



Creme Fraiche



Burger Buns

### Pantry Items

Egg, Butter

### Discover wondrous flavours

To celebrate the release of *Wonka*, in cinemas 8th December, we've created wondrous recipes inspired by the movie.

Wonka



In Cinemas December 8

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## Before you start

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

## Cooking tools

Saucepan, baking paper, baking tray, bowl and frying pan.

## Ingredients

Ingredients	Quantity
Blueberries**	125g
Caster Sugar	75g
Streaky Bacon**	4 rashers
Ground Cinnamon	1 sachet
Creme Fraiche** 7)	150g
Burger Buns 13)	3

Pantry	Quantity
Water*	1 tbsp
Egg*	1
Butter*	3 tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	285g / 2801 / 670	100g / 982 / 235
Fat (g)	35.9	12.6
Sat. Fat (g)	18.9	6.6
Carbohydrate (g)	71.5	25.1
Sugars (g)	49.7	17.4
Protein (g)	14.6	5.1
Salt (g)	1.53	0.54

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 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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The Fresh Farm

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1



2



3



## Make the Blueberry Sauce

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

b) In a small saucepan, combine the **blueberries**, **one quarter** of the **sugar** and the **water** (see pantry for amount). Stir on medium heat, squashing the **blueberries** as they cook, until they are jammy and deep purple, 4-5 mins. Set aside to cool.

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

## Candy the Bacon

a) In the meantime, in a small bowl, mix the remaining **sugar** with the **cinnamon**.

b) When the **bacon rashers** have 8 mins remaining, sprinkle **1 tbsp** of the **cinnamon sugar** over the **rashers** and pop back in the oven to caramelize.

c) Whilst the **bacon** caramelises, in a large bowl, combine the remaining **cinnamon sugar**, the **creme fraiche** and the **egg** (see pantry for amount).

d) Halve the **burger buns**, then soak each **burger bun half** in the **creme fraiche mixture**.

## Fry the French Toast

a) Melt the **butter** (see pantry for amount) in a large frying pan on medium heat.

b) Once hot, fry the **creme fraiche coated burger buns** until golden, 2-4 mins on each side.

c) Stack **three pieces** of **French toast** on each serving plate, then top with the **blueberry sauce** and **two rashers** of **candied bacon** to finish.

Enjoy!

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Wonka

