



Honey Toasted Walnut Oats with Orange

Breakfast 5-10 Minutes • 1 of your 5 a day • Veggie

23A

Find all your unchilled Market items in bag A.



Walnuts



Honey



Orange



Instant Oats

Pantry Items
Salt

Before you start

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

Cooking tools

Frying pan, bowl, kettle and fine grater.

Ingredients

| Ingredients | Quantity |
|-------------------------|----------|
| Walnuts 2) | 60g |
| Honey | 60g |
| Orange** | 1 |
| Instant Oats 13) | 120g |

| Pantry | Quantity |
|---------------|----------|
| Boiled Water* | 300ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving 358g | Per 100g 100g |
|---|---------------------|------------------|
| Energy (kJ/kcal) | 2224 /532 | 622 /149 |
| Fat (g) | 24.4 | 6.8 |
| Sat. Fat (g) | 2.6 | 0.7 |
| Carbohydrate (g) | 66.8 | 18.7 |
| Sugars (g) | 30.3 | 8.5 |
| Protein (g) | 12.3 | 3.4 |
| Salt (g) | 0.02 | 0.00 |

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

Allergens

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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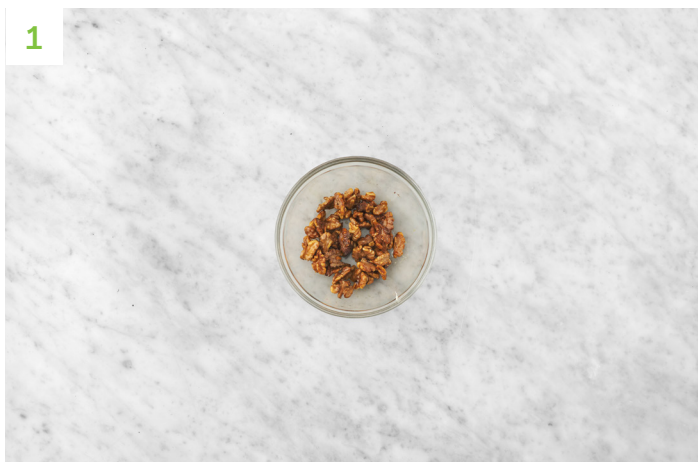
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1



2



3



Glaze the Walnuts

a) Heat a small frying pan on medium heat (no oil).

b) Once hot, add the **walnuts** and dry-fry, stirring regularly, until toasted, 2-3 mins.

TIP: Watch them like a hawk as they can burn easily.

c) Once lightly toasted, turn the heat down to low. Add **half** the **honey** and stir until the **walnuts** are coated and sticky, 1 min. Set aside to cool. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

d) While your **honeyed walnuts** cool, if you prefer to make your **oats** with **water**, boil a half-full kettle..

Bring on the Oats

a) While the kettle boils, zest the **orange** into a large bowl, then peel the **orange** and separate the **segments**. Set the **segments** aside for now.

b) Add the **instant oats** and remaining **honey** to the bowl of **orange zest**

c) If you prefer to make your **oats** with **water**, pour **300ml** of just **boiled water** into your bowl of **oats**. **TIP:** If you like your oats a little runnier, stir in an extra 100ml of boiled water.

d) If you prefer to make your **oats** with milk, heat **300ml** of **milk** in a small saucepan. Bring to a simmer, then pour into the bowl of **oats**.

Finish and Serve

a) Once you've combined your **water** or **milk** with your **oats**, add a pinch of **salt** then thoroughly mix until the **porridge** is creamy and combined.

b) Divide the **oats** between 2 serving bowls.

c) Top with the **orange segments** and **honeyed walnuts** to finish.

Enjoy!