



Super Nutty Granola and Greek Style Yoghurt with Pistachios and Honey-Baked Walnuts

Breakfast 10-15 Minutes

8A

Find all your unchilled Market items in bag A.



Walnuts



Honey



Pistachios



Greek Style Natural Yoghurt



Granola

Before you start

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

Cooking tools

Baking paper, baking tray and bowl.

Ingredients

Ingredients	Quantity
Walnuts 2)	40g
Honey	30g
Pistachios 2)	25g
Greek Style Natural Yoghurt** 7)	300g
Granola 13)	120g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	258g	100g
Energy (kJ/kcal)	3010 / 720	1169 / 279
Fat (g)	41.9	16.3
Sat. Fat (g)	15.0	5.8
Carbohydrate (g)	67.5	26.2
Sugars (g)	36.4	14.1
Protein (g)	18.1	7.0
Salt (g)	0.36	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **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, 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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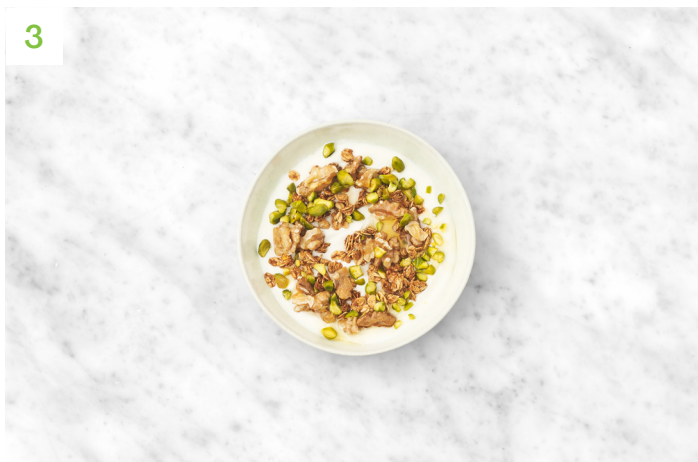
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2



3



Bake the Walnuts

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

b) Pop the **walnuts** onto a lined baking tray and drizzle over **half the honey**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

c) Bake on the middle shelf of your oven until lightly golden and sticky, 5-7 mins.

Pistachios, Please

a) Meanwhile, remove the **pistachios** from their shells and roughly chop.

b) Divide the **Greek style yoghurt** between 2 serving bowls.

Finish and Serve

a) Scatter the **granola** over your **yoghurt**, then top with the **chopped pistachios** and **baked honeyed walnuts**.

b) Drizzle over the remaining **honey** to finish.

Enjoy!