



Blueberry Cinnamon French Toast Stack with Bacon

Breakfast 20-25 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

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	50g
Streaky Bacon**	6 rashers
Ground Cinnamon	4 sachets
Creme Fraiche** 7)	150g
Burger Buns 13)	2

Pantry	Quantity
Water*	1 tbsp
Egg*	1
Butter*	10g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	325g 3328/795	100g 1024/245
Fat (g)	46.5	14.3
Sat. Fat (g)	24.3	7.5
Carbohydrate (g)	68.2	21.0
Sugars (g)	37.0	11.4
Protein (g)	22.9	7.1
Salt (g)	2.75	0.84

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, 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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



1



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**, **1 tbsp of water** and **25g of the caster sugar**. 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.

2



Soak the Buns

a) In the meantime, in a large bowl, mix **25g of the caster sugar** with the **cinnamon** and a **pinch of salt**. **TIP:** Keep the remaining caster sugar for another recipe.

b) Stir in **two thirds** of the **creme fraiche** and the **egg** (see pantry for amount).

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

3



Fry the French Toast

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

b) Once hot, fry the **creme fraiche** soaked **burger buns** until golden, 3-4 mins on each side.

c) Stack **2 pieces of French toast** on each serving plate, then top with the **blueberry sauce** and a drizzle of the remaining **creme fraiche**. Top with **4 rashers of bacon** per **stack** to finish.

Enjoy!