



Pear-fect Pear & Toasted Walnut Oats with Honey

Breakfast 10-15 Minutes • 1 of your 5 a day • Veggie

23A

Find all your unchilled Market items in bag A.



Walnuts



Honey



Pear



Instant Oats

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 tray, baking paper, bowl, kettle and saucepan.

Ingredients

Ingredients	Quantity
Walnuts 2	40g
Honey	30g
Pear**	1
Instant Oats 13	120g

Pantry	Quantity
Boiled Water*	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	334g	100g
Energy (kJ/kcal)	1833/438	549/131
Fat (g)	17.9	5.4
Sat. Fat (g)	2.0	0.6
Carbohydrate (g)	58.1	17.4
Sugars (g)	22.8	6.8
Protein (g)	10.4	3.1
Salt (g)	0.01	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, mollusc, 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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1



2



3



Toast 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.

d) Meanwhile, quarter the **pear** lengthways (no need to peel), remove the core and chop into small pieces.

Mix it Your Way

a) Add the **instant oats** to a large bowl.

b) If you prefer to make your **oats** with **water**, boil a half-full kettle. 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.*

c) 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**.

d) 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.

Finish and Serve

a) Divide the **oats** between 2 serving bowls and top with the **pear** and **honeyed walnuts**.

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

Enjoy!