



Lemon Drizzle Waffle Stack with Lemon Cream Cheese and Blueberries

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

9A

Find all your unchilled Market items in bag A.



Lemon



Cream Cheese



Waffle Amour
Sugar Pearl Waffles



Blueberries

Pantry Items
Sugar

Before you start

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

Cooking tools

Fine grater, saucepan and bowl.

Ingredients

Ingredients	Quantity
Lemon**	1
Cream Cheese** 7)	100g
Waffle Amour Sugar Pearl Waffles 8) 11) 13)	4
Blueberries**	125g

Pantry	Quantity
Water*	1 tbsp
Sugar*	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	238g	100g
Energy (kJ/kcal)	1824 /436	766 /183
Fat (g)	21.8	9.2
Sat. Fat (g)	12.3	5.2
Carbohydrate (g)	54.8	23.0
Sugars (g)	38.4	16.1
Protein (g)	5.7	2.4
Salt (g)	0.77	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

7) Milk 8) Egg 11) Soya 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



Make the Lemony Syrup

a) If you don't have a microwave, preheat your oven to 220°C/200°C fan/gas mark 7 for the **waffles**.

b) Zest and halve the **lemon**.

c) Juice the **lemon** into a small saucepan and add the **water** and **three quarters** of the **sugar** (see pantry for both amounts). Stir on low heat until the **sugar** has completely dissolved, 2-3 mins. Set aside to cool.

2



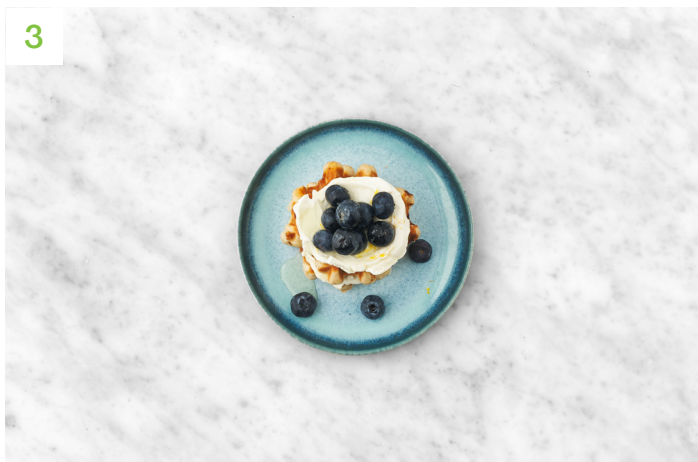
Prep the Cream Cheese

a) In a small bowl, combine the **cream cheese**, **lemon zest** and remaining **sugar**.

b) Warm **4 waffles** by popping them in the microwave for 30 secs. **TIP:** Keep the remaining waffle for another recipe.

c) If you're using the oven, pop the **waffles** onto a baking tray and into the oven to warm through, 2-3 mins.

3



Stack and Serve

a) Place **2 waffles** side by side on each plate. Drizzle **half** the **lemony syrup** over the **waffles**, letting it soak in.

b) Once the **syrup** has soaked into the **waffles**, share the **cream cheese** evenly over the **waffles**, then stack **1 waffle** on top of the other, making **1 waffle stack** per plate.

c) Scatter the **blueberries** over the **waffle stacks** and drizzle over the remaining **lemony syrup** to finish.

Enjoy!