



Cinnamon Bun Style Salted Caramel Oats

with a White Chocolate Drizzle

Breakfast 10-15 Minutes • Veggie

23A

Find all your unchilled Market items in bag A.



White Chocolate Chips



Ground Cinnamon



Salted Caramel Sauce



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

Measuring jug, kettle and bowl.

Ingredients

Ingredients	Quantity
White Chocolate Chips 7 11	90g
Ground Cinnamon	4 sachets
Salted Caramel Sauce 7	80g
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	296g	100g
Energy (kJ/kcal)	2591/619	875/209
Fat (g)	25.4	8.6
Sat. Fat (g)	13.2	4.5
Carbohydrate (g)	82.6	27.9
Sugars (g)	45.2	15.3
Protein (g)	12.1	4.1
Salt (g)	0.50	0.17

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

Allergens

7) Milk **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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2



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Make the Caramel-Cinnamon Sauce

a) Fill a measuring jug with hot **water** from your tap. Place the unopened **packet** of **white chocolate chips** into the hot **water** and set aside for 5 mins. Flip the **packet** upside down and leave for a further 5 mins.

b) Meanwhile, combine in a small bowl **half** the **cinnamon** and **half** the **salted caramel sauce**.

c) Add the **instant oats** to a separate large mixing bowl.

Mix It Your Way

a) 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.*

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

c) Add the remaining **salted caramel sauce** and **cinnamon** to the **oats** and **liquid**, then mix with a spoon until the **porridge** is creamy and combined, 1-2 mins.

Time to Decorate

a) Carefully lift the **packet** of **chocolate chips** out of the **water** and massage to ensure all of them have melted. If there are still unmelted **chips**, return to hot **water** until completely melted.

b) Divide the **oats** between 2 serving bowls. Using the **cinnamon salted caramel sauce**, create a swirl on the top of your **oats**.

c) Once the **chocolate chips** are fully melted, snip off a small section from a corner of the **packet** to create a small hole.

d) Drizzle the **white chocolate** over the top to resemble the **icing** on a **cinnamon bun** to finish.

Enjoy!