



Chocolate Orange Oats Breakfast Bowl with Chocolate Chips

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

23A

Find all your unchilled Market items in bag A.



Orange



Instant Oats



Chocolate Chips

Pantry Items
Salt

Before you start

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

Cooking tools

Kettle, fine grater and bowl.

Ingredients

Ingredients	Quantity
Orange**	1
Instant Oats 13)	120g
Chocolate Chips 11)	100g

Pantry	Quantity
Boiled Water*	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	348g	100g
Energy (kJ/kcal)	2062 /493	593 /142
Fat (g)	17.9	5.2
Sat. Fat (g)	8.8	2.5
Carbohydrate (g)	67.4	19.4
Sugars (g)	33.0	9.5
Protein (g)	10.7	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

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



2



3



Bring on the Orange

- Boil a full kettle.
- Zest the **orange** into a large bowl, then peel the **orange** and separate the **segments**.
- Add the **instant oats** and **three quarters** of the **chocolate chips** to the bowl of zest.

Mix it Your Way

- 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.*
- 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**.
- 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

- Divide the **oats** between 2 serving bowls.
- Arrange the **orange segments** on top.
- Sprinkle over the remaining **chocolate chips** from the **packet** to finish.

Enjoy!