



Kiwi, Lime and Granola Breakfast Bowl

with Zesty Greek Style Yoghurt

Breakfast 5-10 Minutes • Veggie

23A

Find all your unchilled Market items in bag A.



Kiwi



Lime



Greek Style Natural Yoghurt



Granola

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

Peeler, fine grater and bowl.

Ingredients

Ingredients	Quantity
Kiwi**	1
Lime**	1
Greek Style Natural Yoghurt** 7)	300g
Granola 13)	120g

Pantry	Quantity
Sugar*	3 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	291g	100g
Energy (kJ/kcal)	2174 /520	747 /179
Fat (g)	23.5	8.1
Sat. Fat (g)	13.1	4.5
Carbohydrate (g)	62.6	21.5
Sugars (g)	32.9	11.3
Protein (g)	12.7	4.4
Salt (g)	0.23	0.08

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, 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



Slice and Stir

- Peel the **kiwi**, then thinly slice.
- Zest the **lime**, then juice it into a small bowl.
- Stir the **sliced kiwi** and **1 tsp sugar** into the bowl of **lime juice**.

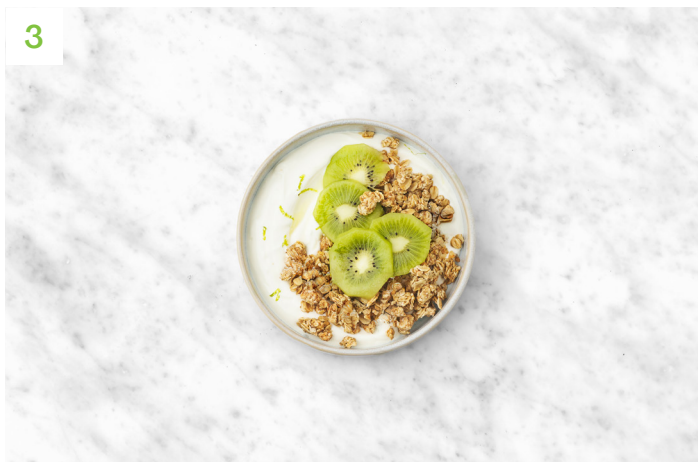
2



Add the Zest

- In a medium bowl, mix the **Greek style natural yoghurt** with the **lime zest** and **2 tsp sugar**.
- Divide your **zesty yoghurt** between 2 serving bowls.

3



Finish and Serve

- Scatter the **granola** over the **zesty yoghurt**.
- Top with the **lime kiwi** to finish.

Enjoy!