



Honey Roasted Fig & Berry Yoghurt Waffle Stack

with Granola and Pistachios

Brunch 15-20 Minutes • 1 of your 5 a day • Veggie

10A

Find all your unchilled Market items in bag A.



Figs



Honey



Greek Style Natural Yoghurt



Red Berry Compote



Pistachios



Waffle Amour Sugar Pearl Waffles



Granola

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 paper, baking tray and bowl.

Ingredients

Ingredients	Quantity
Figs**	4
Honey	30g
Greek Style Natural Yoghurt** 7)	150g
Red Berry Compote	35g
Pistachios 2)	25g
Waffle Amour Sugar Pearl Waffles 8) 11) 13)	4
Granola 13)	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2423 /579	898 /215
Fat (g)	27.0	10.0
Sat. Fat (g)	11.8	4.4
Carbohydrate (g)	70.7	26.2
Sugars (g)	45.2	16.7
Protein (g)	12.6	4.7
Salt (g)	0.60	0.22

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

Allergens

2) Nuts 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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Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



1



Hey Honey

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Quarter the **figs**, then place on a lined baking tray and drizzle over **half** the **honey**.
TIP: If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

c) When the oven is hot, bake the **figs** on the top shelf until they start to caramelize, 8-10 mins.

2



Prep the Toppings

a) Meanwhile, combine the **yoghurt** and **red berry compote** in a small bowl.

b) Remove the **pistachios** from their shells, then finely chop.

c) When the **figs** have 3 mins left in the oven, pop **4 waffles** onto another baking tray and into the oven on the middle shelf to warm through, 2-3 mins. **TIP:** Keep the remaining waffle for another recipe.

3



Stack and Serve

a) Dollop some **berry yoghurt** onto each **warm waffle**, then place **1 waffle** on top of another, creating **2 waffle stacks** on 2 plates.

b) Top each **stack** the **honey roasted figs**. Serve the remaining **figs** on the side.

c) Sprinkle over the **granola** and **pistachios**.

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

Enjoy!