



Candied Maple Bacon Breakfast Muffins

with Pecans and Peanut Butter

Breakfast 45-50 Minutes

9A

Find all your unchilled Market items in bag A.



Pecan Nut Halves



British Smoked Bacon Lardons



Maple Syrup



Instant Oats



Velvety Vanilla Cake Mix



Greek Style Natural Yoghurt



Peanut Butter

Pantry Items

Oil, Egg, Vegetable Oil

Before you start

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

Cooking tools

Muffin cases, muffin tray, frying pan and bowl.

Ingredients

Ingredients	Quantity
Pecan Nut Halves 2)	50g
British Smoked Bacon Lardons**	120g
Maple Syrup	3 sachets
Instant Oats 13)	60g
Velvety Vanilla Cake Mix 13)	1 pack
Greek Style Natural Yoghurt** 7)	75g
Peanut Butter 1)	60g

Pantry	Quantity
Egg*	3
Water*	4 tbsp
Vegetable Oil*	5 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per 100g
Energy (kJ/kcal)	1450 /347
Fat (g)	18.5
Sat. Fat (g)	4.2
Carbohydrate (g)	36.3
Sugars (g)	20.7
Protein (g)	9.0
Salt (g)	0.84

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

Allergens

1) Peanut **2)** Nuts **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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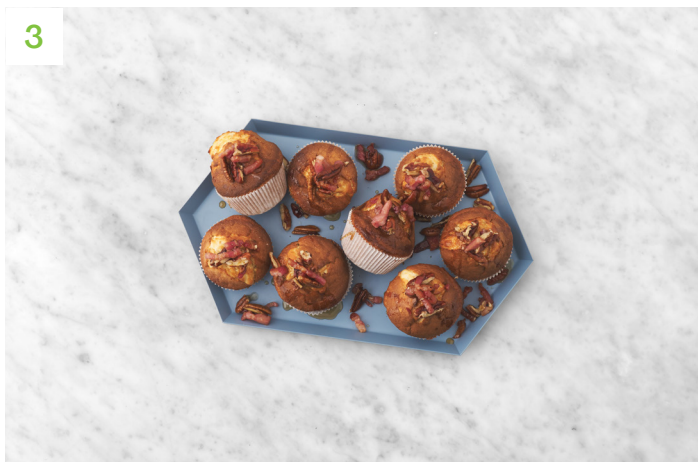
1



2



3



Bring on the Bacon

a) Preheat your oven to 180°C/160°C fan/gas mark 4. Pop 8 muffin cases into your muffin tray.

b) Roughly chop the **pecans**.

c) Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*

d) Once cooked, add the **pecans** and **half the maple syrup** to the pan, then stir until sticky and coated, 1-2 mins.

Mix it Up

a) Transfer the **maple bacon** to a small bowl and set aside for now.

b) In a large bowl, combine the **oats**, **cake mix** and **two thirds** of the **bacon mixture**.

c) In a medium bowl, combine the **Greek style yoghurt** and **peanut butter** with the **eggs**, **water** and **vegetable oil** (see pantry for all three amounts). Once combined, add to the bowl of **cake mix** and gently stir until fully combined, 2-3 mins.

d) Divide the **muffin mixture** between your muffin cases.

Bake and Serve

a) Pop the tray onto the middle shelf of your oven until the **muffins** are risen and golden, 28-30 mins, or until a rounded knife inserted in the centre comes out clean. **TIP:** *A few crumbs are okay.*

b) When the **muffins** have 10 mins remaining in the oven, rotate the tray to give the **muffins** a nice, even colour.

c) Once baked, allow the **muffins** to cool slightly, then drizzle over the remaining **maple syrup** and sprinkle over the **reserved maple bacon** to finish.

Enjoy!