



# Pistachio, Honey Cream Cheese & Apricot Waffles

with Apricot Jam

Breakfast 10 Minutes • Veggie

24A

Find all your unchilled Market items in bag A.



Pistachios



Dried Apricots



Cream Cheese



Honey



Apricot Jam



Waffle Amour  
Sugar Pearl Waffles

## Before you start

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

## Cooking tools

Bowl and baking tray.

## Ingredients

Ingredients	Quantity
Pistachios <b>2)</b>	50g
Dried Apricots <b>14)</b>	40g
Cream Cheese** <b>7)</b>	100g
Honey	45g
Apricot Jam	81g
Waffle Amour Sugar Pearl Waffles <b>8) 11) 13)</b>	4

Pantry	Quantity
Water*	1 ½ tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>209g</b>	<b>100g</b>
Energy (kJ/kcal)	2675 /639	1279 /306
Fat (g)	33.3	15.9
Sat. Fat (g)	13.7	6.6
Carbohydrate (g)	72.0	34.4
Sugars (g)	57.2	27.3
Protein (g)	11.4	5.4
Salt (g)	0.88	0.42

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  
**14)** Sulphites

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

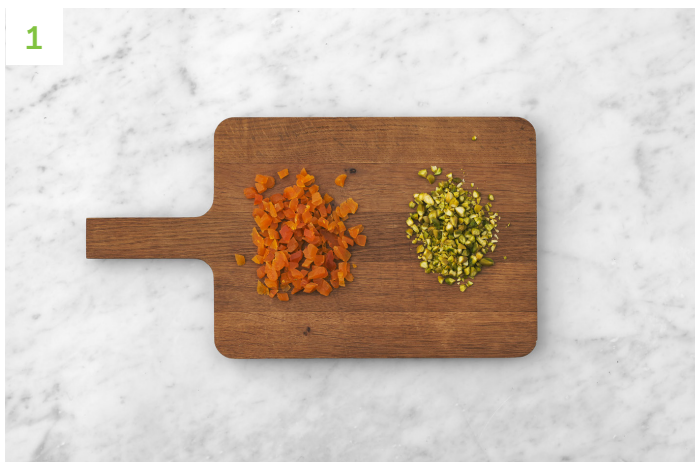
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## Prep the Toppings

- If you don't have a microwave, preheat your oven to 220°C/200°C fan/gas mark 7 for the **waffles**.
- Remove the **pistachios** from their shells, then roughly chop.
- Roughly chop the **dried apricots**.

## Hey Honey!

- In a small bowl, combine the **cream cheese** and **honey**. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.
- In another small bowl, mix together the **apricot jam** and the **water** (see pantry for amount) until smooth.
- Warm **4 waffles** by popping them in the microwave for 30 secs. If you're using the oven, pop the **waffles** onto a baking tray and into the oven to warm through, 2-3 mins. **TIP:** Keep the remaining waffle for another recipe.

## Stack and Serve

- Pop **1 warm waffle** on each plate and evenly dollop over **half the honey cream cheese** and **half the apricot jam sauce**, saving the other halves for the next layer.
- Lay another **waffle** on top, creating **2 waffle stacks** on 2 plates. Dollop over the remaining **honey cream cheese**.
- Drizzle over the remaining **apricot jam sauce**, then sprinkle over the **chopped apricots** and **pistachios** to finish.

Enjoy!