



4 Day Breakfast Plan | Loaded Toast and Waffles

Ham & Cheddar Toast, Avo & Greek Style Cheese Toast | PB 'n' J Waffles, Berry Cream Waffles

Breakfast 5-10 Minutes

24A

Find all your unchilled Market items in bag A.



Waffle Amour
Sugar Pearl Waffles



Peanut Butter



Red Berry
Compote



Cream Cheese



Ciabatta



Mature Cheddar
Cheese



Dijon Mustard



Smoked
Ham Slices



Avocado



Greek Style
Salad Cheese



Chilli Flakes

Pantry Items
Salt, Pepper

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 tray, bowl and grater.

Ingredients

Ingredients	Quantity
Waffle Amour Sugar Pearl Waffles 8 11 13)	8
Peanut Butter 1)	60g
Red Berry Compote	140g
Cream Cheese** 7)	150g
Ciabatta 13)	4
Mature Cheddar Cheese** 7)	40g
Dijon Mustard 9 14)	10g
Smoked Ham Slices**	4 slices
Avocado	1
Greek Style Salad Cheese** 7)	50g
Chilli Flakes	1 pinch

**Store in the Fridge

Nutrition

Typical values For uncooked ingredient	Recipe 1 per 100g	Recipe 2 per 100g	Recipe 3 per 100g	Recipe 4 per 100g
Energy (kJ/kcal)	1629 / 389	1131 / 270	895 / 214	876 / 209
Fat (g)	24.5	17.2	9.3	11.6
Sat. Fat (g)	7.0	9.8	4.8	3.6
Carbohydrate (g)	31.0	24.4	21.7	21.7
Sugars (g)	17.8	15.4	1.1	0.7
Protein (g)	11.1	3.7	12.3	6.0
Salt (g)	0.36	0.48	1.45	0.77

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

Allergens

1) Peanut **7**) Milk **8**) Egg **9**) Mustard **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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PB 'n' J Waffles

a) If you don't have a microwave, preheat your oven to 220°C/200°C fan/gas mark 7 for the **waffles**.

b) 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.

c) Evenly spread the **peanut butter** over the **warm waffles**. Drizzle **2 packets** of the **red berry compote** over the **waffles**.

d) Stack your **waffles** (2 per person) on 2 serving plates.



Ham & Cheddar Ciabatta

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Halve **2** of the **ciabatta rolls**. Pop the **ciabatta halves**, cut-side up, on a baking tray and bake on the top shelf until golden, 2-3 mins.

b) Meanwhile, grate the **Cheddar cheese**.

c) Once toasted, spread **1 pot** of **cream cheese** over your **ciabatta halves**, then spread the **mustard** evenly on top. Lay a **ham slice** on top of each half, then scatter over the **cheese**.

d) Place on a baking tray and bake on the top shelf until the **cheese** is melted and golden, 5-7 mins. Share between 2 serving plates.



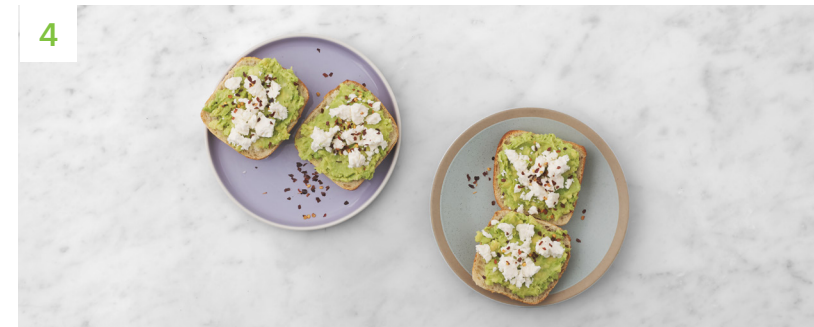
Berry Cream Waffles

a) If you don't have a microwave, preheat your oven to 220°C/200°C fan/gas mark 7 for the **waffles**.

b) 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.

c) In a medium bowl, mix **2 packets** of **red berry compote** with **2 pots** of **cream cheese**, then spread the **red berry cream** evenly over the **warm waffles**.

d) Stack your **waffles** (2 per person) on 2 serving plates.



Avo & Greek Style Cheese Ciabatta

a) If you don't have a toaster, preheat your grill to high. Halve **2** of the **ciabatta**. Toast in your toaster until golden. Alternatively, grill on the top shelf, cut-side up, until golden.

b) Meanwhile, halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh into a bowl. Mash with a fork. Season with **salt** and **pepper**.

c) Share the **smashed avocado** equally between your **toasted ciabatta**, crumble over the **Greek style cheese** and sprinkle over the **chilli flakes**. Share between 2 serving plates.

Enjoy!