



Parfait in a Pear Tree

with Caramelised Pecans and Salted Caramel Yoghurt

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

8A

Find all your unchilled Market items in bag A.



Pecan Nut Halves



Salted Caramel Sauce



Pear



Dried Cranberries



Ground Cinnamon



Ginger Puree



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

Saucepan, baking paper, baking tray and bowl.

Ingredients

Ingredients	Quantity
Pecan Nut Halves 2)	25g
Salted Caramel Sauce 7)	40g
Pear**	2
Dried Cranberries	30g
Ground Cinnamon	2 sachets
Ginger Puree	15g
Greek Style Natural Yoghurt** 7)	300g
Granola 13)	120g

Pantry	Quantity
Water*	2 tbsp
Sugar*	3 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	465g	100g
Energy (kJ/kcal)	3321 /794	715 /171
Fat (g)	34.3	7.4
Sat. Fat (g)	15.0	3.2
Carbohydrate (g)	104.2	22.4
Sugars (g)	70.7	15.2
Protein (g)	14.8	3.2
Salt (g)	0.88	0.19

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

Allergens

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

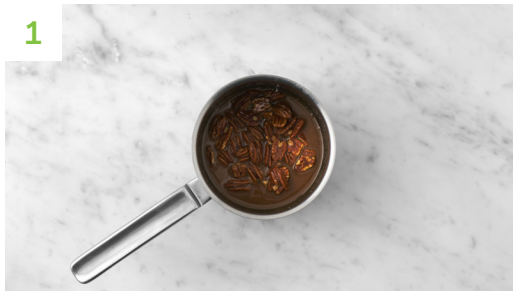
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The Fresh Farm
60 Worship St, London EC2A 2EZ



Caramelize the Pecans

a) In a small saucepan, combine the **pecans** and **half** of the **salted caramel sauce**.

b) Pop on medium heat until the **salted caramel** becomes stringy and the **pecans** clump together, 5-6 mins.



Chill Out

a) Place the **caramelised nuts** onto a plate or tray lined with baking paper in a single layer and place in the fridge to set, 10-15 mins. **TIP:** Try to separate the pecans before you place them in the fridge to make them easier to separate later.



Let's Prep!

a) In the meantime, **quarter** the **pear** lengthways (no need to peel), remove the core and chop into small pieces.

b) Add to a medium saucepan the **pear**, **cranberries**, **cinnamon** and **ginger puree**, along with the **water** and **sugar** (see pantry for both amounts).



Soften the Pears

a) Heat the **pear mixture** on medium heat until the **pears** begin to soften, 7-8 mins.

b) Set aside to cool, 5 mins.



Mix Things Up

a) Meanwhile, combine in a medium bowl the **Greek style yoghurt** and the remaining **salted caramel sauce**.

b) Add a **quarter** of the **yoghurt** each to 2 appropriately sized glasses.



Serve Up a Festive Treat

a) Top with a **quarter** of the **granola** each, followed by a **quarter** of the **pear mixture** each.

b) Repeat with the remaining **yoghurt**, **granola** and **apple mixture**.

c) Sprinkle over the **caramelised pecans** to finish.

Enjoy!

