



Chocolate, Speculoos & Peanut Butter Overnight Oats with Salted Caramel Drizzle

23A

Find all your unchilled Market items in bag A.

Breakfast

Prep Time: 5-10 Minutes • Chill Time: 4 Hours - Overnight • Veggie



Peanut Butter



Salted Caramel Sauce



Creme Fraiche



Instant Oats



Chocolate Chips



Speculoos Biscuit Crumb

Pantry Items

Salt

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 cling film.

Ingredients

| Ingredients | Quantity |
|--|----------|
| Peanut Butter 1) | 60g |
| Salted Caramel Sauce 7) | 80g |
| Creme Fraiche** 7) | 75g |
| Instant Oats 13) | 120g |
| Chocolate Chips 11) | 100g |
| Speculoos Biscuit Crumb 11) 13) | 125g |

| Pantry | Quantity |
|--------|----------|
| Water* | 150ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| for uncooked ingredient | 355g | 100g |
| Energy (kJ/kcal) | 5123 /1224 | 1443 /345 |
| Fat (g) | 61.7 | 17.4 |
| Sat. Fat (g) | 26.5 | 7.5 |
| Carbohydrate (g) | 139.1 | 39.2 |
| Sugars (g) | 75.9 | 21.4 |
| Protein (g) | 24.2 | 6.8 |
| Salt (g) | 1.00 | 0.28 |

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

Allergens

1) Peanut **7)** Milk **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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1



2



3



Get Prepped

- In a mixing bowl, add the **peanut butter** and **three quarters** of the **salted caramel sauce**, then mix to combine.
- Slowly add the **creme fraiche**, stirring continuously, until fully combined.
- Slowly add **150ml water**, stirring continuously, until fully combined.

Time to Chill

- Add the **instant oats**, **three quarters** of the **chocolate chips** and a **pinch** of **salt** to the **peanut caramel mixture**, then stir well to combine.
- Cover with cling film and pop in the fridge for at least 4 hours or ideally overnight for the best texture!

Finish and Serve

- When you're ready to eat, give the **oats** another good stir.
- Divide the **overnight oats** between 2 serving bowls.
- Drizzle over the remaining **salted caramel sauce**, then sprinkle over the remaining **chocolate chips** and the **speculoos biscuit crumb** to finish.

Enjoy!