

# **Buttermilk Pancakes and Sticky Maple Plums**

with Homemade Chocolate Sauce and Granola Sprinkle

BRUNCH

30 Minutes • Veggie















**Ground Cinnamon** 





Milk Chocolate Chips



Crème Fraîche



Granola

# Before you start

Our fruit, veggies and herbs need a wash before vou use them!

#### Basic cooking tools you will need:

Baking Tray, Frying Pan, Measuring Jug, Small Saucepan and Mixing Bowl.

## **Ingredients**

•			
	2P	3P	4P
Butter <b>7)</b> **	30g	45g	60g
Plum**	3	5	6
Orange**	1	1	2
Pancakes <b>7) 8) 13)</b>	8	12	16
Ground Cinnamon	1 small pot	1 large pot	1 large pot
Maple Syrup	2 pots	3 pots	4 pots
Water for the Plums*	100ml	150ml	200ml
Milk Chocolate Chips <b>11)</b> **	150g	200g	300g
Crème Fraîche <b>7)</b> **	150g	225g	300g
Granola 13)	1 pot	2 pots	2 pots

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

# **Nutrition**

	Per serving	Per 100g
for uncooked ingredients	658g	100g
Energy (kJ/kcal)	6088/1455	926/221
Fat (g)	69	11
Sat. Fat (g)	33	5
Carbohydrate (g)	190	29
Sugars (g)	106	16
Protein (g)	24	4
Salt (g)	2.47	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

# **Allergens**

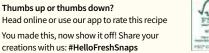
7) Milk 8) Egg 11) Soya 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

#### Contact

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# 1. Get Prepped

Preheat your oven to 180°C and remove the butter from the fridge. Halve the **plums**, remove the stone and chop into 2cm segments. Zest and halve the **orange**. Pop the **pancakes** on 1 or 2 baking trays in a single layer, or just overlapping. Set aside.



# 2. Plum Time!

Heat a frying pan on medium heat and add half the butter. Once melted, add the plum slices, cook for 1 minute then add the cinnamon and maple syrup. Squeeze in half the orange juice and pour in the water (see ingredients for amount). Bring to a simmer, then cook until the **plums** are nice and soft and the liquid is glossy and reduced, 10-12 mins. **TIP:** Add a splash of water if the liquid has reduced too much.



# 3. Make the Sauce

Meanwhile, fill a small saucepan about 3cm with water and pop on medium high heat. Put the chocolate chips in a heatproof bowl. Pop the bowl above the pan of water (if the bowl touches the water, just pour a little water out - you don't want it touching!). Cook, stirring occasionally until the chocolate has melted. Set the bowl aside.



### 4. Finish the Sauce

Pop the pancakes in the oven to warm through, 3-4 mins. Once the **chocolate** has melted, discard the water from the saucepan. Add the creme fraiche and the remaining butter to the pan and pop it on medium heat. Stir to combine and melt the remaining **butter**, until it's just come to the boil, then pour it into the bowl with the chocolate and vigorously whisk to combine. If the **sauce** is quite thick at this stage, add 1-2 tbsp of hot water and whisk again to loosen it up.



## 5. Finish Off

Reheat the plums, if necessary and add a splash of water if the liquid has thickened too much again you want to be able to drizzle it. Cut any remaining orange into wedges.



## 6. Finish and Serve

Place one **pancake** on each plate. Add a tablespoon of **chocolate sauce** onto each **pancake**, gently swirl round with the back of the tablespoon to cover. Repeat the process to stack the pancakes (4 per person). Drizzle the remainder of the chocolate sauce on the top of the stack. Spoon the plums and plum syrup on, and around, the pancakes, sprinkle over the granola and finish with a little orange zest and any remaining wedges for garnish.

**Eniov!** 

# There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.