



# Peanut Butter Porridge with Berry Compote and Pecans

Breakfast 10 Minutes • Veggie

3A



Pecans



Instant Oats



Peanut Butter



Honey



Red Berry  
Compote

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Kettle, Bowl and Measuring Jug.

## Ingredients

	Quantity
Pecans <b>2)</b>	25g
Instant Oats <b>13)</b>	60g
Peanut Butter <b>1)</b>	1 sachet
Honey	1 sachet
Red Berry Compote	1 sachet
Water*	150ml

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>83g</b>	<b>100g</b>
Energy (kJ/kcal)	1417 /339	1718 /411
Fat (g)	20	24
Sat. Fat (g)	3	3
Carbohydrate (g)	30	37
Sugars (g)	12	14
Protein (g)	10	12
Salt (g)	0.02	0.02

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

1) Peanut 2) Nut 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.


## Contact

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 You can recycle me!



1



2



3



## Get Prepped

**a)** Fill and boil your kettle.

**b)** Roughly chop your **pecans**.

**c)** Put your **porridge oats**, **peanut butter** and **honey** in a bowl (the bowl you're going to serve in). **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

## Stir Things Up

**a)** Pour the **boiling water** (see ingredients for amount) into the bowl with the **oats**.

**b)** Add a pinch of **salt**, then mix with a spoon continuously until the **porridge** is creamy and combined.

## Finish and Serve

**a)** Dollop the **compote** over the **porridge**.

**b)** Sprinkle over the **pecans**.

Enjoy!

**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.