

# Caramelised Pear & Pecan Pancakes

with Syrup & Cream

Grab your Meal Kit  
with this symbol



Pear



Pecans



Hazelnuts



Thickened Cream



Greek-Style  
Yoghurt



Dry Pancake  
Mix



Sweet Golden  
Spice Blend



Maple-Flavoured  
Syrup

Prep in: **20 mins**  
Ready in: **25 mins**

Decadent and fluffy, these pancakes are a weekend brunch must. Plus they are topped with the works: caramelised pear and nuts, cream and drizzled with maple-flavoured syrup. Pile them high, pair with your favourite drink and indulge!

## Pantry items

Olive Oil, Butter, Brown Sugar, Milk, Eggs

## Before you start

Wash your hands and any fresh food.

## You will need

Electric beaters (or a metal whisk) · Large non-stick frying pan

## Ingredients

	<b>2 People</b>
<b>olive oil*</b>	refer to method
pear	2
pecans	1 medium sachet
hazelnuts	1 medium packet
thickened cream	1 medium packet
<b>butter* (for the pear)</b>	20g
<b>brown sugar*</b>	1 tbs
<b>butter* (for the pancakes)</b>	40g
<b>milk*</b>	¼ cup
Greek-style yoghurt	1 large packet
<b>eggs*</b>	2
dry pancake mix	1 medium packet
sweet golden spice blend	1 sachet
maple-flavoured syrup	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5450kJ (1303Cal)	997kJ (238Cal)
Protein (g)	27.6g	5.1g
Fat, total (g)	68.4g	12.5g
- saturated (g)	31.5g	5.8g
Carbohydrate (g)	138.4g	25.3g
- sugars (g)	77.1g	14.1g
Sodium (mg)	1365mg	250mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Thinly slice **pear**. Roughly chop **pecans** and **hazelnuts**.



## Make the pancake batter

- In a large heatproof bowl, place **butter (for the pancakes)**. Microwave in **10 second** bursts until melted.
- Add the **milk**, **Greek-style yoghurt** and the **eggs** to the **butter**. Lightly whisk to combine.
- Add **dry pancake mix** and **sweet golden spice blend** and whisk until just combined.

**TIP:** Don't worry if the batter is thick, it makes for fluffy pancakes!



## Whip the cream

- In a large bowl, whisk **thickened cream** with electric beaters or a metal whisk until soft peaks form and almost doubled in size, **3-4 minutes**. Set aside.

**TIP:** If you don't have electric beaters, use a hand whisk!

**TIP:** For maximum volume, chill both your bowl and cream before whipping.



## Cook the pancakes

- Wipe out frying pan, then return to medium heat with a drizzle of **olive oil**. When oil is hot, cook **pancakes** in batches, until golden and set, **3-5 minutes** each side (use 1/3 cup batter per pancake).

**TIP:** Use some butter for frying if preferred.

**TIP:** Save time and cook your pancakes on two non-stick frying pans if possible!



## Caramelise the pears

- In a large non-stick frying pan, heat the **butter (for the pear)** and a drizzle of **olive oil** over medium-high heat.
- Cook **pear**, stirring, until softened, **3-5 minutes**. Reduce heat to medium. Add the **brown sugar**, **hazelnuts** and **pecans** and mix well. Cook until reduced and sticky, **2-3 minutes**. Transfer to a bowl.



## Serve up

- Divide pancakes between plates.
- Top with caramelised pear and nuts. Drizzle with some **maple-flavoured syrup** and dollop with whipped cream to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)