

# 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



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