



Toasted Chocolate Muesli

with Oat Milk & Caramelised Pear

SERVES

8



Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients 8 people

Pear	2
Water*	1/4 cup
Brown Sugar*	1 tbs
Butter*	40g
Toasted Chocolate Muesli	1 packet
Unsweetened Oat Milk	1 bottle

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy(kJ)	1827kJ (437Cal)	826kJ (197Cal)
Protein(g)	10.5g	4.7g
Fat, total(g)	24g	10.9g
- saturated(g)	8.4g	3.8g
Carbohydrate(g)	41.6g	18.8g
- sugars(g)	21.4g	9.7g
Sodium(g)	66mg	30mg

The quantities provided above are averages only.

1. Get prepped

Cut **pear** into small chunks.

2. Caramelize pear

In a small saucepan, heat the **water**, **brown sugar** and **butter** over medium heat until bubbling, **1-2 minutes**. Reduce heat to low. Cook **pear**, stirring occasionally, until just tender and reduced, **4-6 minutes**.

3. Serve up

In a serving bowl, add a layer of **toasted chocolate muesli** (store any leftover muesli in an airtight container). Top with some **unsweetened oat milk** and caramelised pear. to serve.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact 2022 | CW30



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