



Bacon and Berry Waffles

Serves 2

Breakfast 10 – 15 mins



Blueberries



Bacon



Almonds



Waffles



Maple Syrup



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recipe!

2024-W38

Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook.

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

Cooking tools you will need

Baking sheet with baking paper

Ingredients

	Quantity
Blueberries	125 g
Bacon	130 g
Almonds	15 g
Waffles	180 g
Maple Syrup	15 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	232.5 g	100 g
Energy (kJ/kcal)	2778.2 kJ/ 664 kcal	1194.9 kJ/ 285.6 kcal
Fat (g)	39.8 g	17.1 g
Sat. Fat (g)	15 g	6.5 g
Carbohydrate (g)	57.9 g	24.9 g
Sugars (g)	30.8 g	13.2 g
Protein (g)	18.5 g	8 g
Salt (g)	2.7 g	1.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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1



Cook the Bacon

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Lay the **bacon** in a single layer on a lined baking tray and bake on the top shelf of your oven until golden brown and crispy, 10-15 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat. Cook bacon thoroughly.

2

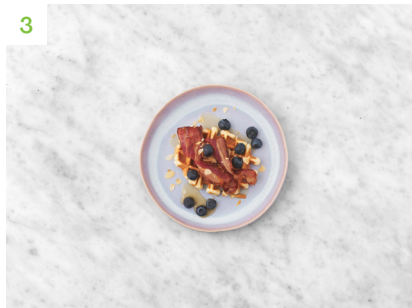


Prep the Rest

- While the **bacon** cooks, place a small pan over medium heat (no oil).
- Once hot, dry-fry the **almonds**, stirring regularly, until lightly toasted, 3-4 mins. Remove from the pan and set aside.
- Pop the **waffles** (one per person) onto a baking tray and into the oven to warm through, 1-2 mins.

TIP: You can also warm the waffles in a toaster.

3



Dish Up

- Share the **waffle** stacks between serving plates, then top with the **bacon**, **blueberries** and toasted **almonds**.
- Drizzle over the **syrup** to finish.

Enjoy!