



Chocolate Orange Oats

serves 2

Breakfast 10 – 15 mins



Orange



Oats



Chocolate Chips



Hazelnuts



Granola

Pantry Items: Water, Salt



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2024-W49

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

Cooking tools you will need

Zester

Ingredients

	Quantity
Orange	1 unit
Oats	120 g
Chocolate Chips	100 g
Hazelnuts	10 g
Granola	60 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	250 g	100 g
Energy (kJ/kcal)	2853.5 kJ/ 682 kcal	1141.4 kJ/ 272.8 kcal
Fat (g)	32.2 g	12.9 g
Sat. Fat (g)	10.9 g	4.4 g
Carbohydrate (g)	96 g	38.4 g
Sugars (g)	47.2 g	18.9 g
Protein (g)	13.9 g	5.6 g
Salt (g)	0 g	0 g

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.

Contact

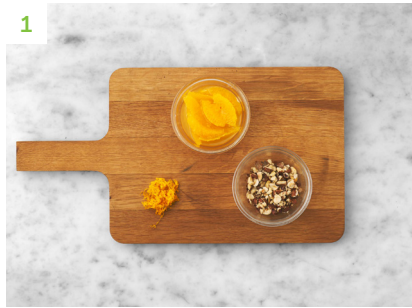
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1



Get Prepped

- Boil a full kettle (or a pot) of **water**.
- Zest then peel the **orange** and separate the segments.
- Crush the **hazelnuts**.

2



Make the Oats

- Add the **oats**, **three-quarters** of the **chocolate chips** and **orange** zest to a large bowl.
- Pour in 300ml of just boiled **water** and a pinch of **salt**.
- Mix with a spoon until the **oats** are creamy and the **chocolate chips** have melted, 1-2 mins.

TIP: If you like your oats less thick, stir in an extra 100ml of boiled water.

3



Finish and Serve

- Divide the **chocolate** porridge between 2 serving bowls.
- Arrange the **orange** segments on top.
- To finish, sprinkle over the **granola**, **hazelnuts** and remaining **chocolate chips**.

Enjoy!