

Vanilla Poached Pears & Nutty Crumble

with Yoghurt & Berry Compote

Grab your Meal Kit with this symbol



Pecans



Pear



Vanilla-Flavoured Essence



Classic Oat Mix



Sweet Golden Spice Blend



Pistachios




Crushed Macadamia Nuts



Greek-Style Yoghurt



Berry Compote

 Hands-on: 15 mins
Ready in: 30 mins

For a light brunch bite that everyone will love, look no further. We've combined tender vanilla poached pears, creamy yoghurt and berry compote and topped them with a crunchy nutty crumble. Mornings never tasted so good!

Pantry items

Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Oven tray lined with baking paper

Ingredients

| | 2 People |
|---------------------------|------------------|
| butter* | 80g |
| pecans | 1 packet |
| pear | 2 |
| water* | 1 cup |
| brown sugar* | ¼ cup |
| vanilla-flavoured essence | 1 medium packet |
| classic oat mix | ½ bag |
| sweet golden spice blend | 1 sachet |
| pistachios | 1 packet |
| crushed macadamia nuts | 1 packet |
| Greek-style yoghurt | 2 medium packets |
| berry compote | 1 medium packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|------------------|-----------------|
| Energy (kJ) | 4764kJ (1139Cal) | 1117kJ (267Cal) |
| Protein (g) | 17.5g | 4.1g |
| Fat, total (g) | 68.3g | 16g |
| - saturated (g) | 32.5g | 7.6g |
| Carbohydrate (g) | 116.4g | 27.3g |
| - sugars (g) | 70g | 16.4g |
| Sodium (mg) | 404mg | 95mg |

The quantities provided above are averages only.

Allergens

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

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



Get prepped

Preheat the oven to **180°C/160°C fan-forced**. Cut the **butter** into small cubes. Roughly chop the **pecans**. Peel and quarter the **pears**, then remove the core.



Start the pears

In a medium saucepan, add the **water**, **brown sugar** and **vanilla-flavoured essence**. Bring to the boil over a medium-high heat.



Finish the pears

Add the **pears** to the saucepan, reduce the heat to medium and cover with a lid. Simmer, turning occasionally, until the pear is tender, **20-25 minutes**. Remove from the heat.



Start the crumble

In a medium bowl, combine the **classic oat mix** (see ingredients), **sweet golden spice blend** and the **butter**. Using your fingertips, rub the **butter** into the **oat mixture**, until it resembles breadcrumbs. Add the **pistachios**, **crushed macadamia nuts** and **pecans** and mix well.



Bake the crumble

Transfer the **crumble mixture** to a lined oven tray and spread out into a single layer. Bake until golden, **8-12 minutes**.

TIP: Keep the crumble slightly clumped together on the tray, if it's spread too thin it can burn!



Serve up

Divide the **Greek-style yoghurt** between bowls. Top with the poached pears and sprinkle with nutty crumble. Spoon over the **berry compote** and some poaching liquid to serve.

TIP: Store any leftover pears and crumble in separate airtight containers!

Enjoy!