



Carrot Cake Pancakes & Cream Cheese Topping

with Orange Caramel & Roasted Almonds

Grab your Meal Kit with this symbol



Carrot



Orange



Roasted Almonds



Greek-Style Yoghurt



Dry Pancake Mix



Cream



Cream Cheese



Caramel Sauce



Apple



Pear

Prep in: 25 mins
Ready in: 50 mins

Treat mum to a decadent mother's day brekky with carrot cake pancakes, topped with a cream cheese topping and drizzly orange caramel - a sweet and indulgent delight she'll be savouring with every bite.

Pantry items

Butter, Milk, Eggs, Cinnamon, Caster Sugar

Before you start

Wash your hands and any fresh food.

You will need

Electric beaters (or a hand whisk) · Large non-stick frying pan

Ingredients

	4 People
olive oil*	refer to method
carrot	2
orange	2
roasted almonds	2 packets
butter*	80g
milk*	½ cup
Greek-style yoghurt	3 medium packets
eggs*	4
dry pancake mix	2 packets
cinnamon*	1 tsp
cream	1 bottle (250ml)
cream cheese	1 packet
caster sugar*	1 tbs
caramel sauce	1 medium packet
apple	2
pear	2

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6419kJ (1534Cal)	893kJ (213Cal)
Protein (g)	32.8g	4.6g
Fat, total (g)	85.7g	11.9g
- saturated (g)	48.6g	6.8g
Carbohydrate (g)	160.1g	22.3g
- sugars (g)	78.5g	10.9g
Sodium (mg)	1773mg	247mg
Dietary Fibre (g)	12.1g	1.7g

The quantities provided above are averages only.

Allergens

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

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



Get prepped

- Grate **carrot**. Zest **orange** and slice into wedges. Roughly chop **almonds**.
- In a large microwave-safe bowl, place the **butter** and microwave in **10 second** bursts until melted. Allow to cool slightly.
- When the butter has slightly cooled, add the **milk**, **Greek-style yoghurt**, **carrot**, **orange zest** and **eggs**. Lightly whisk to combine.
- Add **dry pancake mix** and the **cinnamon** and whisk until just combined. Set aside.

TIP: Don't worry if the batter is thick, it makes for fluffy pancakes!



Cook the pancakes

- Heat a large non-stick frying pan over medium heat. When pan is hot, add 1/3 cup of **pancake batter** in batches, and cook until golden, **3-5 minutes** each side.
- Meanwhile, in a small microwave-safe bowl, add **caramel sauce** and a generous squeeze of **orange juice**. Microwave in **10 second** bursts until warmed through.



Make the cream cheese topping

- In a large bowl, place **cream**, **cream cheese** and the **caster sugar**, and whisk with electric beaters until soft peaks form and almost doubled in size, **2-3 minutes**.

TIP: If you don't have electric beaters, use a metal whisk and whisk for 3-4 minutes.

TIP: Chill both your bowl, cream and cream cheese before whipping to get maximum volume.



Serve up

- Slice **apple** and **pear** into wedges.
- Divide carrot cake pancakes between plates. Top with cream cheese topping and chopped almonds. Drizzle with orange caramel.
- Serve with apple, pear and any remaining orange wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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