



NUTRITION *per serving* 165g carbohydrates 20g fat 38g protein 2263mg sodium | vegetarian, shellfish-free, nut-free



Calories
900



Prep & Cook Time
25-35 min.



Cook Within
7 days



Difficulty
Intermediate



Spice Level
Not Spicy



HOME CHEF

BREAKFAST

“Just Because” Blueberry-Orange Pancakes

with bell pepper scramble and syrup

IN YOUR BOX

- 6 fl. oz. Liquid Egg
- 1 Navel Orange
- 2 Green Onions
- 1 Red Bell Pepper
- 2 cup Pancake Mix
- 8 fl. oz. Low-Fat Milk
- 1 Plastic Piping Bag
- 3 oz. Frozen Blueberries
- 2.8 fl. oz. Breakfast Syrup
- 1 Tbsp. Powdered Sugar

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Mixing Bowl
- Large Non-Stick Pan
- Medium Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Separation is natural when shipping liquid eggs. **Shake well before using.**

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Liquid egg** is used twice. Half is used in **pancake batter** and remaining is scrambled.
- **Heads Up!** **Orange zest** is used twice. Half is used in **pancake batter** and remaining garnishes dish.

FROM THE CHEF

Couple tips on using a piping bag: form your hand into a “C” shape and fold the top of the bag over your hand. Hold in that position while loading pancake batter. Fold top edge up, push batter toward tip, and cut tip only when ready to pipe. Finally, always squeeze batter out from top.

Did you know...

No bones about it: blueberries are a great source of manganese, which help promote healthy bones.



Prepare the Ingredients

Zest half the **orange**, then cut fruit in half. Cut two slices of orange and juice remaining. Trim and thinly slice **green onions** on an angle. Stem, seed, and cut **red bell pepper** into ¼” dice



Mix the Pancake Batter

In a mixing bowl, combine **pancake mix**, **milk**, **half the liquid egg**, (reserve remaining for scramble) and a pinch of **salt**. Add 3 Tbsp. **orange juice** and **half the orange zest** (reserving remaining for garnish). Whisk until batter falls from whisk in thick, smooth ribbons. If needed, add 1 Tbsp. **water** at a time to adjust consistency.



Cook the Pancakes

Heat 1 tsp. **olive oil** in a large non-stick pan over medium-low heat. While pan is warming, pour **pancake batter** into plastic **piping bag**. When pan is warm, slice a small hole in corner of the piping bag. Use piping bag to trace outline of a heart, then fill it in with batter.



Add the Blueberries

Cook **pancake** undisturbed until batter starts to bubble, 2-3 minutes. Sprinkle a couple **blueberries** into pancakes and flip onto second side. Cook until golden brown, 1-2 minutes. Repeat with remaining **batter** to make six pancakes and keep warm until ready to serve. Reserve a couple blueberries for garnish.



Make the Scrambled Eggs

Heat 1 tsp. **olive oil** in a medium non-stick pan. Add **green onions** and **red bell pepper** to hot pan. Cook until vegetables are slightly tender, 2 minutes. Add remaining **liquid egg** and move mixture around pan with a spatula to scramble, 2-4 minutes. Season to taste with **salt and pepper**.



Plate the Dish

Arrange **pancakes** on a plate. Add a serving of **scrambled eggs** on side. Garnish pancakes with **syru**, remaining **blueberries**, and remaining **orange zest**. Sprinkle **powdered sugar** over pancakes and garnish with an **orange slice**.