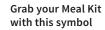




# Apple-Spiced Brioche French Toast with Pecans & Syrup













Sweet Golden Spice Blend



Maple-Flavoured Syrup



Cream



Prep in: 20 mins Ready in: 25 mins

Make your weekend sing with our brioche French toast and caramelised apple. We think we've nailed it with this combination of flavours, starring caramelised apple with cinnamon. Pile them high and finish it off with some sticky maple-flavoured syrup!

**Pantry items** 

Olive Oil, Sugar, Butter, Egg

SHA



## 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

Large frying pan

# Ingredients

	2 People
olive oil*	refer to method
apple	2
pecans	1 packet
sweet golden spice blend	1 medium sachet
sugar*	40g
butter*	20g
egg*	1
light cooking cream	1 medium packet
brioche slices	4
maple-flavoured syrup	drizzle

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2864kJ (684Cal)	1061kJ (253Cal)
Protein (g)	11.3g	4.2g
Fat, total (g)	39.1g	14.5g
- saturated (g)	17.8g	6.6g
Carbohydrate (g)	70.3g	26g
- sugars (g)	49.2g	18.2g
Sodium (mg)	388mg	144mg

The quantities provided above are averages only.

# Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Get prepped

- Thinly slice apple. Roughly chop pecans.
- In a shallow bowl, combine **sweet golden spice blend** and the **sugar**.



# Caramelise the apple

- In a large frying pan, heat the butter over medium-high heat. Cook apple, stirring regularly, until softened, 3-5 minutes.
- Reduce heat to medium. Cook until reduced and sticky, 2-3 minutes. Transfer to a small bowl and cover to keep warm.



### Soak the brioche

- In a large shallow bowl or dish, whisk the egg and light cooking cream to combine. Add brioche slices and gently turn to coat.
- Set aside to soak for 10 minutes.



# Toast the pecans

 Meanwhile, wash out frying pan, then return to medium-high heat. Toast pecans, tossing, until golden, 2-3 minutes. Transfer to a bowl.



# Cook the brioche

- Return frying pan to medium heat with a drizzle
  of olive oil. When oil is hot, gently remove
  brioche slices from egg mixture and cook, in
  batches, until lightly browned and set,
  2-4 minutes each side.
- Transfer cooked brioche to spiced sugar and turn to lightly coat.

TIP: Add some butter to the pan for extra flavour!



# Serve up

- Divide brioche French toast between plates. Top with caramelised apple and pecans.
- Serve drizzled with some maple-flavoured syrup. Enjoy!



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