



Apple-Spiced Brioche French Toast

with Pecans & Syrup

Grab your Meal Kit with this symbol



Apple



Pecans



Sweet Golden Spice Blend



Brioche Slices



Maple-Flavoured Syrup



Light Cooking 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 |

*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.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

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



Caramelize 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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