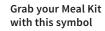




Caramelised Pineapple Mini Pavlovas with Mint Cream, Passionfruit & Toasted Coconut









Pineapple Slices





Thickened Cream

Passionfruit





Meringue Nests





Prep in: 20 mins Ready in: 20 mins

Finish your dinner off with a sweet surprise! Load up these fruity delights with mint cream, caramelised pineapple and passionfruit. Sprinkle with toasted coconut for added crunch and enjoy a light and fresh dessert that is sure to please.

Pantry items

Butter, Brown Sugar

SIK



Before you start

Wash your hands and any fresh food.

You will need

Large frying pan · Electric beaters (or a metal whisk)

Ingredients

	6 People
shredded coconut	1 packet
pineapple slices	1 tin
butter*	20g
brown sugar*	1 tsp
thickened cream	1 medium packet
passionfruit	1
mint	1 bunch
meringue nests	6

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2477kJ (592Cal)	821kJ (196Cal)
Protein (g)	7.1g	2.4g
Fat, total (g)	30.6g	10.1g
- saturated (g)	20.6g	6.8g
Carbohydrate (g)	69.8g	23.1g
- sugars (g)	67.4g	22.3g
Sodium (mg)	117mg	39mg

The quantities provided above are averages only. *Nutritional information is based on 6 servings.

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.



Toast the coconut

Heat a large frying pan over medium-high heat.
 Add shredded coconut and toast until golden,
 2-3 minutes. Transfer to a bowl and set aside.



Caramelise the pineapple

- Drain and finely chop pineapple slices.
- Return the frying pan to medium-high heat.
 Cook pineapple, turning, until lightly browned,
 4-6 minutes.
- Add the butter and the brown sugar and cook until golden brown and sticky, 2-4 minutes.
 Transfer to a bowl and set aside to cool for at least 5 minutes.



Whip the cream

 In a large bowl, whisk thickened cream with electric beaters until soft peaks form and almost doubled in size, 3-4 minutes.

TIP: If you don't have electric beaters, use a metal whisk.

TIP: For maximum volume, chill both your bowl and cream before whipping.



Prep the toppings

- Halve passionfruit. Pick and thinly slice mint leaves.
- To the whipped cream, add half the mint and stir to combine.



Assemble the pavlovas

- Dollop a spoonful of mint cream on each meringue nest, then top with the caramelised pineapple.
- Drizzle with some passionfruit pulp and top with the toasted coconut and remaining mint.



Serve up

 Transfer caramelised pineapple mini pavlovas to a platter or serving board. Enjoy!



Scan here if you have any questions or concerns





Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

15/11/2023 8:43:04 am