



Caramelised Pineapple & Lemon Curd Eton Mess

with Mint Cream & Toasted Coconut

Grab your Meal Kit with this symbol



Shredded Coconut



Pineapple Slices



Thickened Cream



Mint



Meringue Nests



Lemon Curd

Prep in: **20 mins**
Ready in: **20 mins**

Celebrate the holiday season with a burst of sunshine on your plate! Our caramelised pineapple and lemon curd eton mess is a festive delight, golden pineapple, tangy lemon curd and crunchy meringue pieces come together to bring you a merry and bright dessert to your table.

Pantry items

Butter, Brown Sugar

SJP





Before you start

Wash your hands and any fresh food.

You will need

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

Ingredients

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

*Pantry items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2965kJ (708Cal)	1000kJ (239Cal)
Protein (g)	5.9g	2g
Fat, total (g)	35.9g	12.1g
- saturated (g)	24.4g	8.2g
Carbohydrate (g)	89.8g	30.3g
- sugars (g)	86.9g	29.3g
Sodium (mg)	110mg	37mg
Dietary Fibre (g)	2.4g	0.8g

The quantities provided above are averages only.

*Nutritional information is based on 4 servings.

Allergens

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

Visit [hellofresh.com.au/foodinfo](https://www.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. Toast **shredded coconut** 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**, stirring, until lightly browned, **4-6 minutes**. Add the **butter** and **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**.



Make the mint cream

- In a large bowl, place the **thickened cream**. Beat with electric beaters until soft peaks form and almost doubled in size, **3-4 minutes**.
- Pick and thinly slice **mint** leaves.
- Gently stir half the **mint** into the whipped cream.

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

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



Serve up

- When you are ready to serve, break up **meringue nests** into small chunks and divide between four serving bowls.
- Dollop each with a some mint cream, then top with the caramelised **pineapple**. Drizzle with **lemon curd**.
- Top with the toasted coconut and remaining mint to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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