



# Caramelised Pineapple Mini Pavlovas

with Mint Cream, Passionfruit & Toasted Coconut



Grab your Meal Kit with this symbol



Shredded Coconut



Pineapple Slices



Thickened Cream



Passionfruit



Mint



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
<b>butter*</b>	20g
<b>brown sugar*</b>	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](https://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!

## We're here to help!

Scan here if you have any questions or concerns

