



# Juicy Mango & Coconut Muffins

SERVES  
10+



Grab your Kit



## First up!

Wash your hands and any fresh foods before you start.

### Ingredients 10-12 Muffins

Mango Slices in Juice	1 medium tin
Plain Muffin Mix	1 packet
<b>Milk*</b>	200ml
<b>Egg*</b>	1
<b>Vegetable Oil*</b>	2 1/2 tbs
Shredded Coconut	2 medium packets

\*Pantry Items

### Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	1065kJ (254Cal)	838kJ (200Cal)
Protein (g)	4.5g	3.5g
Fat, total (g)	6.6g	5.2g
- saturated (g)	2.5g	2g
Carbohydrate (g)	42.1g	33.1g
- sugars (g)	23.8g	18.7g
Sodium (g)	481mg	378mg

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

## 1. Get prepped

Preheat oven to **180°C/160°C fan-forced**. Grease and line a 12 hole muffin tin. Drain **mango slices in juice**, then roughly chop.

## 2. Combine the batter

In a large bowl, place **plain muffin mix**, the **milk**, **egg** and **vegetable oil**. Mix until just combined. Gently stir through drained **mango** and half the **shredded coconut**.

## 3. Serve up

Spoon muffin batter into the prepared tin. Top with remaining coconut. Bake until golden and a skewer inserted comes out clean, **25-30 minutes**. Transfer to a wire rack to cool completely, then serve.

### We're here to help!

If you have any questions or concerns, please contact us at [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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# More meal occasions



Scan the QR code to add these to next week's box!



Get some more Vitamin C in your week! Try our Fruit Box.

## Breakfast & Brunch

Tuck in to a sweet or savoury delight to start your day out right.



Cafe fave

**Lemon Sugar Pancakes**  
with Lemon Curd & Almonds



Quick brunch

**Prosciutto & Cheese Croissant**  
with Dijon Mustard



Snack on the go

**Choc Chip Protein Cookie**  
Youfoodz

## Quick Lunches

Short on time? Whip up these delicious dishes in a flash!



Kid-friendly

**Cheesy Aussie Chicken Burger**  
with Fries & Garlic Aioli



Ready to heat

**Mohit's Butter Chicken**  
No Prep | Ready in 5



Lunch bites

**Oyster Sauce Chicken Bao Buns**  
with Mayo & Pickled Cucumber

## Sides & Desserts

Turn dinner into a feast that the whole family will love.



Ready to bake

**Garlic Bread**  
Serves 4+



The perfect side

**Roasted Potatoes & Creamy Fetta**  
with Lemon Zest



Four easy steps

**Chocolate Self-Saucing Pudding**  
with Mixed Berry Compote