



Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients	10-12 Muffi
Mango Slices in Juice	1 medium tin
Plain Muffin Mix	1 packet
Milk*	200ml
Egg*	1
Vegetable Oil*	2 1/2 tbs
Shredded Coconut *Pantry Items	2 medium packets

Nutrition Information		
PER SERVING	PER 100g	
1065kJ (254Cal)	838kJ (200Cal)	
4.5g	3.5g	
6.6g	5.2g	
2.5g	2g	
42.1g	33.1g	
23.8g	18.7g	
481mg	378mg	
	PER SERVING 1065kJ (254Cal) 4.5g 6.6g 2.5g 42.1g 23.8g	

The quantities provided above are averages only.

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.

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!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact

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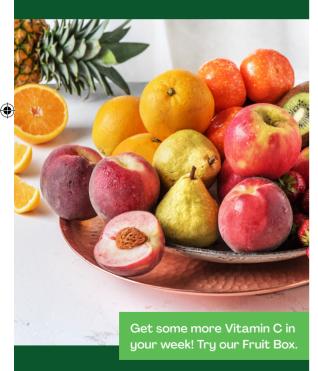




More meal occasions



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



Breakfast & Brunch

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



Lemon Sugar Pancakes
with Lemon Curd & Almonds



Prosciutto & Cheese Croissant with Dijon Mustard



Choc Chip Protein Cookie

Quick Lunches

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



Cheesy Aussie Chicken Burger with Fries & Garlic Aioli



Mohit's Butter Chicken No Prep | Ready in 5



Oyster Sauce Chicken Bao Buns with Mayo & Pickled Cucumber

Sides & Desserts

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



Garlic Bread Serves 4+



Roasted Potatoes & Creamy Fetta with Lemon Zest



Chocolate Self-Saucing Pudding with Mixed Berry Compote

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