



Sticky Date Pudding

with Caramel Sauce & Cream

Grab your Meal Kit
with this symbol



Pitted Dates



Basic Sponge
Mix



Brown Sugar



Caramel Sauce



Light Cooking
Cream

Prep in: **20 mins**
Ready in: **50 mins**

Finish your night off with the very best kind of pudding – sticky date! Cakey on top and densely rich underneath, it's studded with chewy dates and topped off with an oozy caramel sauce for an indulgent dessert that never fails to please.

Pantry items

Butter, Eggs

Before you start

Wash your hands and any fresh food.

You will need

Medium baking dish · Small saucepan

Ingredients

	4 People
pitted dates	1 packet
boiling water*	½ cup
butter*	110g
basic sponge mix	½ medium packet
brown sugar	½ packet
eggs*	2
caramel sauce	2 packets
light cooking cream	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	3065kJ (733Cal)	1468kJ (351Cal)
Protein (g)	8.9g	4.3g
Fat, total (g)	41.9g	20.1g
- saturated (g)	25.4g	12.2g
Carbohydrate (g)	75.1g	36g
- sugars (g)	54.9g	26.3g
Sodium (mg)	714mg	342mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Soak the dates

- Boil the kettle. Preheat oven to **200°C/180°C fan-forced**.
- Roughly chop **pitted dates**.
- Pour 1/2 cup **boiling water** into a large heatproof bowl, then stir in **dates**.
- Set aside until water is lukewarm, **10 minutes**.

3



Bake the pudding

- Generously grease the base and sides of a baking dish. Pour in **pudding batter**. Bake until just firm to the touch, **35-40 minutes**.
- When the pudding has **5 minutes** remaining, heat a small saucepan over medium heat. Cook **caramel sauce**, whisking, until it starts to bubble, **4-5 minutes**.
- When the pudding is ready, poke a few holes in the pudding. Pour over **caramel sauce**.

TIP: To check if the pudding is cooked, stick a toothpick or skewer in the centre. It should come out clean.

2



Make the batter

- While the dates are soaking, melt the **butter** in the microwave or a saucepan.
- Add **basic sponge mix (see ingredients)**, **brown sugar (see ingredients)**, melted **butter** and the **eggs** to the bowl with the **dates** and **water**. Mix until well combined.

4



Serve up

- Divide sticky date pudding between bowls. Serve topped with **light cooking cream**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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