

Spiced Sugar Sourdough French Toast

with Stewed Apples, Almonds & Whipped Cream

Grab your Meal Kit with this symbol



Light Cooking Cream



Vanilla-Flavoured Syrup



Sliced Sourdough



Apple



Roasted Almonds



Sweet Golden Spice Blend



Thickened Cream



Pear



Youjuice Pink Collagen Glow

Prep in: **25 mins**
Ready in: **40 mins**

Treat mum to a decadent mother's day brekky with spiced sugar French toast, topped with stewed apples and whipped cream - a sweet and indulgent delight she'll be savouring with every bite. Serve alongside with a refreshing pink collagen glow juice for an extra vibrant start to the day.

Pantry items

Eggs, Brown Sugar, White Sugar

Before you start

Wash your hands and any fresh food.

You will need

Medium saucepan with a lid · Large frying pan ·

Electric beaters (or a metal whisk)

Ingredients

	4 People
eggs*	2
light cooking cream	1 large packet
vanilla-flavoured syrup	1 packet
sliced sourdough	2 packets
apple	4
water*	¼ cup
brown sugar*	¼ cup
roasted almonds	1 large packet
sweet golden spice blend	2 sachets
white sugar*	40g
thickened cream	1 packet
pear	2
youjuice pink collagen glow	4 bottles

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3507kJ (838Cal)	472kJ (112Cal)
Protein (g)	16.5g	2.2g
Fat, total (g)	33.8g	4.5g
- saturated (g)	14.9g	2g
Carbohydrate (g)	113.7g	15.3g
- sugars (g)	80.1g	10.8g
Sodium (mg)	379mg	51mg
Dietary Fibre (g)	11.4g	1.5g

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

1



Soak the bread

- In a large shallow bowl or dish, whisk the **eggs**, **light cooking cream** and half the **vanilla-flavoured syrup** to combine.
- Add **sourdough slices** and gently turn to coat.
- Set aside to soak for **10 minutes**.

4



Cook the French toast

- Once sourdough slices have soaked, heat a large frying pan over medium heat with a drizzle of **olive oil**.
- When oil is hot, gently remove **sourdough slices** from egg mixture and cook, in batches, until lightly browned and set, **2-4 minutes** each side.
- Transfer **cooked sourdough slices** to **spiced sugar** and turn to lightly coat.

TIP: Add some butter to the pan for extra flavour!

2



Make the stewed apples

- While sourdough is soaking, peel and roughly chop **apples**.
- In a medium saucepan, combine the **water** and **brown sugar** and bring to the boil over medium-high heat.
- Add **apples**, then reduce heat to medium and cover. Simmer, stirring occasionally, until fruit is tender, **20-25 minutes**.

5



Whip the cream

- While French toast is cooking, using electric beaters, whisk **thickened cream** and remaining **vanilla syrup** in a large bowl or jug until soft peaks form and almost doubled in size, **3-4 minutes**.

TIP: If you don't have electric beaters, use a hand whisk and whisk for 3-4 minutes!

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

3



Get prepped

- Meanwhile, roughly chop **roasted almonds**.
- In a shallow bowl, combine **sweet golden spice blend** and the **white sugar**. Set aside.

6



Serve up

- Slice **pear**.
- Divide spiced sugar vanilla French toast between plates.
- Top with stewed apples and sprinkle with almonds.
- Serve with whipped cream, sliced pear and **youjuice pink collagen glow**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate