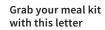


# Choc-Chip Pudding & Butterscotch Sauce with Poached Apples & Cream









Brown Sugar





Basic Sponge







**Light Cooking** Cream



Flaked Almonds

**Pantry items** 

Olive Oil, Butter, Eggs

#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

#### You will need

Medium baking dish  $\cdot$  Kitchen scales  $\cdot$  Two medium saucepans with a lid

#### Ingredients

	4 People
brown sugar	1 packet
butter*	170g
pecans	1 small packet
basic sponge mix	1 medium packet
dark chocolate chips	1 packet
eggs*	2
apple	2
water*	1 cup
light cooking cream	1 medium packet
salt*	1/4 tsp
flaked almonds	1 medium packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	4878kJ (1165Cal)	1527kJ (364Cal)
Protein (g)	14.4g	4.5g
Fat, total (g)	65.7g	20.6g
- saturated (g)	37.8g	11.8g
Carbohydrate (g)	129.5g	40.5g
- sugars (g)	89.2g	27.9g
Sodium (mg)	1134mg	355mg
Dietary Fibre (g)	4.8g	1.5g

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.



## Get prepped

- Preheat oven to 200°C/180°C fan-forced.
- · Generously grease a medium baking dish.
- Divide brown sugar into three separate bowls: 90g in one bowl, 90g in another bowl, and the remaining 20g in another.
- Measure 120g butter (for the pudding) and 50g butter (for the sauce).
- In a large heatproof bowl, microwave butter (for the pudding) in 10 second bursts until melted.
- · Roughly chop pecans.

**TIP:** Weigh out all your ingredients before you start to speed up your preparation time!



# Prepare the pudding

- In a medium bowl, combine basic sponge mix, dark chocolate chips, chopped pecans and 90g brown sugar.
- Add the melted butter (for the pudding) and eggs. Mix until well combined.



# Bake the pudding

 Pour pudding mix into the baking dish. Bake pudding until just firm to the touch, 25-30 minutes.

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



## Poach the apples

- Meanwhile, peel and quarter apple, then remove cores.
- In a medium saucepan, combine the water and 20g brown sugar and bring to a boil over medium-high heat.
- Add apple, then reduce heat to medium and cover. Simmer, turning occasionally, until the apple is tender, 20-25 minutes. Remove from heat.



## Make the butterscotch sauce

- When the pudding has 5 minutes remaining, in a second medium saucepan, add half the light cooking cream, the salt, remaining 90g brown sugar and the butter (for the sauce).
- Stir over medium-high heat until the butter is melted, **1-2 minutes**. Increase heat to high and simmer until slightly thickened, **1-2 minutes**.



#### Serve up

- Remove apples from poaching liquid.
- Divide choc-chip pudding between bowls. Top with poached apples, some butterscotch sauce and remaining cream.
- Sprinkle over flaked almonds to serve. Enjoy!

