



# Brioche French Toast & Caramelised Apple

with Pecans & Syrup

Grab your Meal Kit with this symbol



Apple



Pecans



Sweet Golden Spice Blend



Light Cooking Cream



Brioche Slices



Maple-Flavoured Syrup

Prep in: 20 mins  
Ready in: 25 mins

Make your weekend sing with our brioche French toast and caramelised apple. We think we've nailed it with this combination of flavours, starring caramelised apple with cinnamon. Pile them high and finish it off with some sticky maple-flavoured syrup!

## Pantry items

Olive Oil, Sugar, Butter, Egg

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People
olive oil*	refer to method
apple	2
pecans	1 medium packet
sweet golden spice blend	1 medium sachet
sugar*	40g
butter*	20g
egg*	1
light cooking cream	1 medium packet
brioche slices	1 packet
maple-flavoured syrup	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3012kJ (719Cal)	941kJ (224Cal)
Protein (g)	11.4g	3.6g
Fat, total (g)	39.1g	12.2g
- saturated (g)	17.8g	5.6g
Carbohydrate (g)	77.8g	24.3g
- sugars (g)	56.1g	17.5g
Sodium (mg)	388mg	121mg
Dietary Fibre (g)	6g	1.9g

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.



## Get prepped

Thinly slice **apple**. Roughly chop **pecans**. In a shallow bowl, combine **sweet golden spice blend** and the **sugar**.



## Caramelize the apple

In a large frying pan, heat the **butter** over medium-high heat. Cook **apple**, stirring regularly, until softened, **3-5 minutes**. Reduce heat to medium. Cook until reduced and sticky, **2-3 minutes**. Transfer to a small bowl.



## Flavour the brioche

In a large shallow bowl, whisk the **egg** and **light cooking cream** to combine. Add **brioche slices** and gently turn to coat. Set aside to soak for **10 minutes**.



## Toast the pecans

While the brioche is soaking, wash out frying pan, then return to medium-high heat. Toast **pecans**, tossing, until golden, **2-3 minutes**. Transfer to a second small bowl.



## Fry the brioche

Return frying pan to medium heat with a drizzle of **olive oil**. When **oil** is hot, gently remove **brioche slices** from **egg mixture**, then cook, in batches, until lightly browned and set, **2-4 minutes** each side. Transfer cooked brioche to **spiced sugar**. Turn to lightly coat.

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



## Serve up

Divide the brioche French toast between plates. Top with the caramelised apple, pecans and **maple-flavoured syrup**.

Enjoy!

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