

Caramelised Pineapple Mini Pavlovas

with Mint Cream & Toasted Coconut

Grab your Meal Kit with this symbol



Shredded Coconut



Pineapple Slices



Thickened Cream



Passionfruit



Mint



Meringue Nests



Hands-on: 20 mins



Ready in: 20 mins



Naturally gluten-free

Not suitable for Coeliacs

Finish your dinner off with a sweet surprise! Load up these fruity delights with mint cream, caramelised pineapple and passionfruit. Sprinkle with toasted coconut for added crunch and enjoy a light and fresh dessert that is sure to please.

Pantry items

Butter, Brown Sugar

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

	4 People
shredded coconut	1 packet
pineapple slices	1 tin
butter*	20g
brown sugar*	1 tsp
thickened cream	1 packet (150ml)
passionfruit	1
mint	1 bunch
meringue nests	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1430kJ (343Cal)	1040kJ (248Cal)
Protein (g)	3.1g	2.3g
Fat, total (g)	21.7g	15.7g
- saturated (g)	15.2g	11.0g
Carbohydrate (g)	33.3g	24.1g
- sugars (g)	32.8g	23.7g
Sodium (mg)	53mg	39mg

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



Caramelize the pineapple

Heat a large frying pan over a medium-high heat. Add the **shredded coconut** and toast until golden, **2-3 minutes**. Transfer to a bowl and set aside. Drain and finely chop the **pineapple slices**. Return the frying pan to a medium-high heat. Cook the **pineapple** until lightly browned, **4-6 minutes**. Add the **butter** and **brown sugar** and cook until golden brown and sticky, **2-4 minutes**. Transfer to a bowl and set aside to cool for at least **5 minutes**.

3



Assemble the pavlovas

Halve the **passionfruit**. Pick and thinly slice the **mint** leaves. Add 1/2 the **mint** to the cream and stir to combine. When you are ready to serve, dollop a spoonful of **mint cream** on each **meringue nest** and top with the **caramelised pineapple**. Drizzle the pavlovas with **passionfruit pulp**. Top with the **toasted coconut** and remaining **mint**.

2



Whip the cream

In a large bowl, whisk the **thickened cream** with an electric mixer until soft peaks form and almost doubled in size, **3-4 minutes**.

TIP: For the perfect soft peaks, whip until the cream just clings to the whisk or beater when lifted.

TIP: If you don't have an electric mixer, use a metal hand whisk.

4



Serve up

Arrange the mini pavlovas on a platter to serve.

Enjoy!