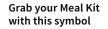


Caramelised Pineapple Mini Pavlovas with Mint Cream & Toasted Coconut









Shredded Coconut

Pineapple Slices





Thickened Cream





Meringue Nests



Pantry items

Butter, Brown Sugar

Not suitable for Coeliacs

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.

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.



Caramelise 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**.



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**.



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.



Serve up

Arrange the mini pavlovas on a platter to serve.

Enjoy!

^{*}Nutritional information is based on 4 servings