HELLO FRESH

Maple-Cinnamon Popcorn

SERVES 4

Grab your Kit

First up!

Wash your hands and any fresh foods before you start.

Ingredients	4 people
*Olive Oil**	2 tbs
Popcorn Kernels	1 packet
Maple-Flavored Syrup	1 packet
Sweet Golden Spice Blend	1 medium sachet

***Pantry Items**

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	938kJ (224Cal)	1606kJ (384Cal)
Protein (g)	3g	5.1g
Fat, total (g)	8.6g	14.7g
- saturated (g)	1.2g	2.1g
Carbohydrate (g)	30.8g	52.7g
- sugars (g)	17.9g	30.7g
Sodium (g)	17mg	29mg

The quantities provided above are averages only.

1. Cook the popcorn

In a large frying pan or saucepan with a lid, heat 2 tbs of **olive oil** over high heat. When oil is hot, add **popcorn kernels** and immediately cover with a lid. Cook, shaking occasionally, until all kernels have popped, **1-2 mins**. Transfer to a large bowl.

2. Flavour the popcorn

To the popcorn, add **maple-flavoured syrup**, **sweet golden spice blend** and a generous pinch of **salt**. Toss to combine and serve.

We're here to help!
If you have any questions or concerns, please contact us at **hellofresh.com.au/contact**

SEQ

ON THE MENU

With delicious options for every occasion from breakfast to dinner, HelloFresh has you covered for every meal of the day.

Brekkie delights

Make breakfast extra delicious with one of our satisfying breakfast options, like granola, pancakes and bagels.

Combining a fresh bagel and delicious savoury toppings, our **Smoked Salmon & Cream Cheese Bagel with Spring Onion & Capers** is sure to be a hit!

CUSTOMER FAVOURITE

Treat yourself

For a twist on a retro classic try our **Pineapple Upside Down Cake.** With a decadent coconut caramel sauce, you'll be lining up for seconds!

Shop the range!

Get more in your HelloFresh box with our delicious range of snacks, fruit, desserts and drinks.

Choc Chip Protein Cookie

Balsamic Vinegar & Sea Salt Vege Crackers

Raspberry Lemonade Kombucha

Sweetcorn & Spring Onion Fritter Bites

Plan your menu!

Scan the QR code below and add something special to your next box!