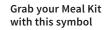




# Sticky Date Pudding with Caramel Sauce & Cream











Basic Sponge



Pitted Dates



Caramel Sauce







Finish your night off with the very best kind of pudding – sticky date! Cakey on top and densely rich underneath, it's studded with chewy dates and topped off with an oozy caramel sauce for an indulgent dessert that never fails to please.

**Pantry items** 

Butter, Eggs



## Before you start Wash your hands and any fresh food.

#### You will need

Medium baking dish · Small saucepan

#### Ingredients

	4 People
pitted dates	1 medium packet
boiling water*	½ cup
butter*	110g
basic sponge mix	1/2 medium packet (100g)
brown sugar	½ packet (100g)
eggs*	2
caramel sauce	2 packets
light cooking cream	1 medium packet

<sup>\*</sup>Pantry Items

#### Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	3070kJ (734Cal)	1432kJ (342Cal)
Protein (g)	8.9g	4.2g
Fat, total (g)	42g	19.6g
- saturated (g)	25.5g	11.9g
Carbohydrate (g)	75.1g	35g
- sugars (g)	54.9g	25.6g
Sodium (mg)	715mg	333mg

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.



#### Soak the dates

- Boil the kettle. Preheat oven to 200°C/180°C fan-forced.
- · Roughly chop pitted dates.
- Pour 1/2 cup **boiling water** into a large heatproof bowl, then stir in **dates**.
- · Set aside until water is lukewarm, 10 minutes.



#### Melt the butter

- While the dates are soaking, melt the **butter** in the microwave or a saucepan.
- Add basic sponge mix (see ingredients), brown sugar (see ingredients), melted butter and the eggs to the bowl with the dates and water. Mix until well combined.



### Bake the pudding

- · Generously grease the base and sides of the baking dish. Pour in pudding batter. Bake until just firm to the touch, 35-40 minutes.
- When the pudding has 5 minutes remaining, heat a small saucepan over medium heat. Cook caramel sauce, whisking, until it starts to bubble, 4-5 minutes.
- When the pudding is ready, poke a few holes in the pudding. Pour over caramel sauce.

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



#### Serve up

• Divide sticky date pudding between bowls. Serve topped with light cooking cream. Enjoy!



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Scan here if you have any questions or concerns





<sup>\*</sup> Nutritional information is based on 4 servings.