



Toasted Tropical Muesli

with Almond Milk & Charred Pineapple

SERVES

8



Grab your Kit



First up!

Wash your hands and any fresh foods before you start.

Ingredients 8 people

Pineapple Slices	1 tin
Toasted Tropical Muesli	1 packet
Unsweetened Almond Milk	1 bottle

*Pantry Items

Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	1557kJ (372Cal)	711kJ (170Cal)
Protein (g)	10g	4.6g
Fat, total (g)	21.1g	9.6g
- saturated (g)	5.7g	2.6g
Carbohydrate (g)	32.8g	15g
- sugars (g)	16.5g	7.5g
Sodium (g)	61mg	28mg

The quantities provided above are averages only.

1. Get prepped

Drain **pineapple slices**.

2. Char pineapple

Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side. Roughly chop.

3. Serve up

In a serving bowl, add a layer of **toasted tropical muesli** (store any leftover muesli in an airtight container). Top with some **unsweetened almond milk** and charred pineapple.

Fresh tip!

Heat a frying pan over medium-high heat. Toast some shredded coconut until golden, 2-3 minutes, and sprinkle over!

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.

We're here to help!

If you have any questions or concerns, please contact us at hellofresh.com.au/contact 2022 | CW40



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