

Caramelised Pineapple & Pear Pavlovas

with Mint Cream & Toasted Coconut

Grab your Meal Kit
with this symbol



Shredded Coconut



Pineapple Slices



Pear



Longlife Cream



Mint



Meringue Nests

 Hands-on: 20 mins
Ready in: 20 mins

Finish your dinner off with a sweet surprise! Load up these fruity delights with caramelised pear, pineapple and mint cream. Sprinkle with toasted coconut for added crunch and it's 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 will need

Large frying pan · Electric beaters or metal whisk

Ingredients

	6 People
shredded coconut	1 packet
pineapple slices	1 tin
pear	1
butter*	20g
brown sugar*	1 tsp
longlife cream	1 packet (250ml)
mint	1 bunch
meringue nests	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	1250kJ (298Cal)	900kJ (215Cal)
Protein (g)	2.4g	1.8g
Fat, total (g)	20.7g	14.9g
- saturated (g)	14.3g	10.3g
Carbohydrate (g)	25.1g	18.1g
- sugars (g)	24.8g	17.9g
Sodium (mg)	40mg	29mg

The quantities provided above are averages only.

*Nutritional information is based on 6 servings

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Toast the coconut

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.

2



Caramelize the fruit

Drain and finely chop the **pineapple slices**. Cut the **pear** into small chunks. Return the frying pan to a medium-high heat. Cook the **pineapple** and **pear** 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



Make the mint cream

In a large bowl, whisk the **longlife cream** until soft peaks form and almost doubled in size, **3-4 minutes**. Pick and thinly slice the **mint** leaves. Add 1/2 the **mint** to the **cream** and gently stir to combine.

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 beater, use a hand metal whisk.

4



Serve up

When you are ready to serve, dollop a spoonful of mint cream on each **meringue nest** and top with the caramelised fruit. Sprinkle with the toasted coconut and remaining mint.

Enjoy!