



# Sticky Date Pudding

with Caramel Sauce & Cream

Grab your Meal Kit  
with this symbol



Dried Diced  
Dates



Sponge Mix



Caramel Sauce



Longlife Cream



Hands-on: 20 mins  
Ready in: 50 mins

Finish your dinner 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

Remember to wash your hands for 20 seconds before you get cooking.

## You will need

Medium saucepan · 15cm x 20cm baking dish

## Ingredients

	2 People
boiling water*	½ cup
dried diced dates	1 packet
butter*	110g
sponge mix	1 packet
eggs*	2
caramel sauce	1 packet (250ml)
longlife cream	½ bottle (125ml)

\*Pantry items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3690kJ (881Cal)	1540kJ (369Cal)
Protein (g)	9.5g	4.0g
Fat, total (g)	47.5g	19.9g
- saturated (g)	28.5g	11.9g
Carbohydrate (g)	85.8g	35.9g
- sugars (g)	71.9g	30.1g
Sodium (mg)	1200mg	502mg

\*Nutritional information is based on 4 servings

## Allergens

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

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



### 1. Soak the dates

Boil the kettle. Preheat the oven to **200°C/180°C fan-forced**. Roughly chop the **dried diced dates**. Pour the **boiling water** (see ingredients list) into a large bowl, then add the **dates**. Stir and set aside until lukewarm, **10 minutes**.

**TIP:** Reserve the water to use in step 2!



### 2. Combine the ingredients

While the dates are soaking, melt the **butter** in a medium saucepan. Add the **sponge mix**, melted **butter** and **eggs** to the bowl with the **dates** and **water** and mix until well combined.



### 3. Bake the pudding

Generously grease a 15x20cm baking dish on all surfaces and pour in the **sticky date mixture**. Bake, until just firm to the touch, **35-40 minutes**. When the pudding has **5 minutes** cook time remaining, return the saucepan to a medium heat. Add the **caramel sauce** and cook, whisking regularly, until it starts to bubble, **4-5 minutes**. Poke holes into the top of the **pudding** and pour over the **caramel sauce**.

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



### 4. Serve up

Divide the sticky date pudding between bowls and top with the **longlife cream** (see ingredients list).

**Enjoy!**