



Sticky Date Pudding

with Salted Caramel Sauce & Cream

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Pitted Dates



Basic Sponge Mix



Brown Sugar



Caramel Sauce



Light Cooking Cream

Prep in: **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'll also need to give your fruit and veggies a wash.

You will need

15cm x 20cm baking dish · Small saucepan

Ingredients

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

*Pantry Items

Nutrition

| Avg Qty | Per Serving* | Per 100g |
|------------------|-----------------|-----------------|
| Energy (kJ) | 3080kJ (737Cal) | 1480kJ (353Cal) |
| Protein (g) | 8.9g | 4.3g |
| Fat, total (g) | 42.1g | 20.2g |
| - saturated (g) | 25.8g | 12.4g |
| Carbohydrate (g) | 75.1g | 36.0g |
| - sugars (g) | 54.9g | 26.3g |
| Sodium (mg) | 714mg | 342mg |

The quantities provided above are averages only.

*Nutritional information is based on 4 servings

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Soak the dates

Boil the kettle. Preheat oven to **200°C/180°C fan-forced**. Roughly chop **dates**. Pour 1/2 cup **boiling water** into a large heatproof bowl and add the **dates**. Stir and set aside until lukewarm, **10 minutes**.

TIP: Reserve the water as it's used in step 2!



Bake the pudding

Generously grease the base and sides of the baking dish and pour in **sticky date batter**. Bake until just firm to the touch, **35-40 minutes**. When the pudding has **5 minutes** cook time remaining, heat a small saucepan over medium heat. Cook **caramel sauce**, whisking, until it starts to bubble, **4-5 minutes**. Poke a few holes in top of pudding and pour over sauce.

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



Melt the butter

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



Serve up

Divide sticky date pudding between bowls. Serve with **light cooking cream**.

Enjoy!

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