



Pineapple Upside-Down Cake

with Almonds

FAMILY BUNDLE

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Pineapple Slices



Brown Sugar



Basic Sponge Mix



Flaked Almonds

Prep in: 20 mins
Ready in: 1 hr 15 mins

Do you remember this retro classic, we may have taken a few liberties with the original, like adding toasted almonds. This cake will be sure to impress when you flip it upside-down to reveal the sticky caramel pineapple layer!

Pantry items

Softened Butter, Eggs, Milk

Before you start

Wash your hands and any fresh food

If you're cooking for 6, double the below quantities and store the leftovers in an airtight container.

You will need

20cm medium round cake tin · Kitchen scales · Medium saucepan · Electric beaters · Medium frying pan

Ingredients

	4 People
pineapple slices	1 tin
softened butter*	230g
brown sugar	2 medium packets
eggs*	3
basic sponge mix	1 medium packet
milk*	½ cup
flaked almonds	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2800kJ (669Cal)	1425kJ (340Cal)
Protein (g)	7.7g	3.9g
Fat, total (g)	35.6g	18.1g
- saturated (g)	21.9g	11.1g
Carbohydrate (g)	82.2g	41.8g
- sugars (g)	61.1g	31.1g
Sodium (mg)	607mg	309mg

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



Get prepped

- Preheat oven to **180°C/160°C fan-forced**. Grease and line the cake tin with baking paper.
- Drain **pineapple slices**. Measure 200g **butter (for the cake)** and set aside at room temperature to soften. Measure 30g **butter (for the sauce)** and set aside.
- Divide **brown sugar** into two separate bowls: 200g in one bowl and the remaining 40g in a second bowl.

TIP: Weigh out your ingredients before you start to speed up your baking time!



Bake the cake

- Bake **cake** for **45 minutes to 1 hour** or until cake is golden brown and cooked through. Set aside to cool in tin, **15-20 minutes**.

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



Start the cake

- In a medium saucepan, combine **butter (for the sauce)** and 40g **brown sugar**. Cook over medium heat, stirring, until the sugar is dissolved, **2-3 minutes**.
- Pour **sauce** into the lined cake tin. Place **pineapple slices**, in a single layer, on top of sauce.



Toast the almonds

- Meanwhile, heat a medium frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Set aside.
- When the cake has cooled, place a serving plate on top of the cake. Carefully flip **cake** over and remove tin to reveal pineapple top.



Make the cake

- In a large bowl, add 200g **brown sugar** and the **butter (for the cake)**. Beat with electric beaters until light and fluffy, **2-3 minutes**.
- Add the **eggs**, one at a time, and beat until smooth. Fold in **basic sponge mix** and the **milk** with a spoon until just combined.
- Pour the **cake batter** into cake tin, covering the **pineapple**.

TIP: Using room temperature butter helps the batter get light and fluffy!



Serve up

- Sprinkle pineapple upside-down cake with toasted almonds.
- Slice and serve. Enjoy!

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Quick Chicken Tenders & Crushed Potatoes

with Tomato Salad & Hollandaise

FAMILY BUNDLE

KID FRIENDLY

CLIMATE SUPERSTAR

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Potato



Garlic Paste



Chicken-Style Stock Powder



Aussie Spice Blend



Chicken Breast Strips



Tomato



Cucumber



Mixed Salad Leaves



Hollandaise



Beef Strips

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Smart

Eat Me Early

A mashed potato is a classic but wouldn't it be fun if we tried something a little different tonight? Why not crush the potatoes instead with garlic paste for extra zap. They'll go nicely with the seasoned chicken, drizzled in hollandaise. This will become the only way you'll want your potatoes and chicken.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	15g	30g
garlic paste	½ medium packet	1 medium packet
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1 tbs	2 tbs
Aussie spice blend	1 medium sachet	1 large sachet
chicken breast strips	1 medium packet	2 medium packets OR 1 large packet
tomato	1	2
cucumber	1 (medium)	1 (large)
honey*	½ tsp	1 tsp
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 medium packet	1 large packet
hollandaise	1 medium packet	2 medium packets
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2311kJ (552Cal)	385kJ (92Cal)
Protein (g)	39.7g	6.6g
Fat, total (g)	22g	3.7g
- saturated (g)	7g	1.2g
Carbohydrate (g)	47.9g	8g
- sugars (g)	25.8g	4.3g
Sodium (mg)	1637mg	273mg
Dietary Fibre (g)	7.5g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2361kJ (564Cal)	418kJ (100Cal)
Protein (g)	36g	6.4g
Fat, total (g)	25g	4.4g
- saturated (g)	8.7g	1.5g
Carbohydrate (g)	47.1g	8.3g
- sugars (g)	25g	4.4g
Sodium (mg)	1605mg	284mg
Dietary fibre (g)	7.5g	1.3g

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Allergens

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1



Make the crushed potatoes

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cut **potato** into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and set aside.
- Return the saucepan to medium-high heat, add the **butter** and half the **garlic paste** and cook, stirring, until fragrant, **1 minute**.
- Add **chicken-style stock powder**. Stir to combine, then remove from heat.
- Return **potato** to the pan and toss to coat. Lightly crush with a fork. Cover to keep warm.

TIP: Add a splash of water if the potato looks dry!

3



Make the salad

- Roughly chop **tomato**. Thinly slice **cucumber**.
- In a large bowl, combine the **honey** with a drizzle of **balsamic vinegar** and **olive oil**.
- Add **mixed salad leaves, tomato** and **cucumber**. Toss to combine.

Little cooks: Help toss the salad!

2



Cook the chicken

- While the potato is cooking, combine **Aussie spice blend**, remaining **garlic paste** and a drizzle of **olive oil** in a medium bowl. Add **chicken breast strips** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken strips** in batches, until browned and cooked through, **3-4 minutes** each side. Transfer to a plate.

Custom Recipe: If you've swapped to beef strips, discard any liquid from packaging. Flavour beef as above. Heat frying pan over high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate.

4



Serve up

- Divide chicken tenders, garlic crushed potatoes and tomato salad between plates. Spoon any resting juices over the chicken.
- Serve with **hollandaise**. Enjoy!

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