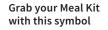


# Pineapple Upside-Down Cake

with Almonds

FAMILY BUNDLE









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 quantites 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*	⅓ cup
flaked almonds	1 packet

<sup>\*</sup>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!



#### 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.



#### 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!



# 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.



### 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.



# Serve up

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





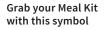
# Quick Chicken Tenders & Crushed Potatoes

with Tomato Salad & Hollandaise

FAMILY BUNDLE

KID FRIENDLY

CLIMATE SUPERSTAR











Chicken-Style



Stock Powder





Chicken Breast







Mixed Salad

Cucumber

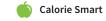


Hollandaise





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



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.

**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

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	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		

<sup>\*</sup>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	7.5g	1.3g

The quantities provided above are averages only.

# **Allergens**

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#### We're here to help!

Scan here if you have any questions or concerns





# 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!



## 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.

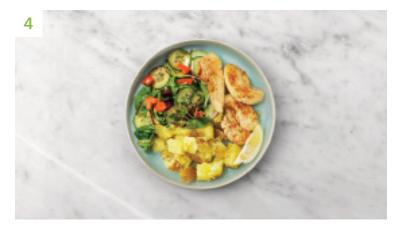
**Little cooks:** Help toss the salad!



#### 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.



# Serve up

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate