

Sticky Date Pudding

with Caramel Sauce & Cream



Diced Dried Dates



Basic Sponge Mix



Brown Sugar



Caramel Sauce



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

Wash your hands and any fresh food

You will need

Small saucepan · Medium baking dish

Ingredients

	4 People
diced dried dates	1 packet
boiling water*	½ cup
butter*	110g
basic sponge mix	½ packet
brown sugar	½ packet
eggs*	2
caramel sauce	1 packet
cream	½ packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	3227kJ (771Cal)	1497kJ (358Cal)
Protein (g)	9g	4.2g
Fat, total (g)	42.1g	19.5g
- saturated (g)	26g	12.1g
Carbohydrate (g)	89.3g	41.4g
- sugars (g)	63g	29.2g
Sodium (mg)	656mg	304mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Soak the dates

- Preheat oven to **200°C/180°C fan-forced**. Boil the kettle.
- Finely chop **diced dried dates**.
- Pour the **boiling water** (½ cup) into a large heatproof bowl, then add **dates**. Stir and set aside until lukewarm, **10 minutes**.

TIP: Reserve the water to use in step 2!

3



Bake the pudding

- Generously grease 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** remaining, return saucepan to medium heat. Cook **caramel sauce**, whisking, until starting to bubble, **4-5 minutes**.
- Using a toothpick or **skewer**, poke a few holes in the top of the **cooked pudding** and pour over **caramel sauce**.

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

2



Combine the ingredients

- While the dates are soaking, melt the **butter** in a small saucepan.
- To the bowl with the **soaked dates**, add **basic sponge mix (see ingredients)**, **brown sugar (see ingredients)**, **melted butter** and the **eggs**. Mix until well combined.

4



Serve up

- Divide sticky date pudding between bowls.
- Top with **cream (see ingredients)** to serve. Enjoy!

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