



Tropical Pancakes & Charred Pineapple

with Coconut-Lime Caramel & White Choc Nut Crumb

Grab your Meal Kit with this symbol



Pistachios



Macadamias



Shredded Coconut



Mini White Chocolate Chips



Pineapple



Lime



Coconut Cream



Caramel Sauce



Greek-Style Yoghurt



Pancake Dry Mix



Mint

Hands-on: 30-40 mins
Ready in: 50-60 mins

Show Mum the love this Mother's Day by surprising her with a sublime stack of pancakes that'll make her think she's woken up in tropical Hawaii. Decadent and fluffy, they're topped with the works: charred chunks of pineapple, a drizzle of caramel infused with coconut and lime, and finished with a white chocolate and pistachio crumb. It simply can't get better than this.

Pantry items

Butter, Milk, Eggs

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit a wash.

You will need

Oven tray lined with baking paper · Large non-stick frying pan

Ingredients

	2 People	4 People
pistachios	1 packet	2 packets
macadamias	1 packet	2 packets
shredded coconut	1 sachet	2 sachets
mini white chocolate chips	1 packet	2 packets
pineapple	½	1
lime	1	2
coconut cream	1 tin (200ml)	1 tin (400ml)
caramel sauce	½ medium packet	1 medium packet
butter*	40g	80g
milk*	2 tbs	¼ cup
Greek-style yoghurt	1 large packet	2 large packets
eggs*	2	4
pancake dry mix	1 medium packet	1 large packet
mint	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5736kJ (1370Cal)	673kJ (160Cal)
Protein (g)	23.7g	2.8g
Fat, total (g)	94g	11g
- saturated (g)	63.1g	7.4g
Carbohydrate (g)	104.5g	12.3g
- sugars (g)	89.6g	10.5g
Sodium (mg)	423mg	50mg

The quantities provided above are averages only.

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.



Bake the nut crumb

Preheat the oven to **220°C/200°C fan-forced**. Roughly chop the **pistachios** and **macadamias**. Place the **nuts**, **shredded coconut** and **mini white chocolate chips** on a lined oven tray. Spread out evenly, then bake until golden, **4-6 minutes**.

TIP: Be sure not to spread to crumb too far apart to prevent it from burning quickly.



Make the pancake batter

Place the **butter** in a small bowl and microwave in **10 second bursts** or until melted. In a medium bowl, add the melted **butter**, the **milk**, some **Greek-style yoghurt** (100g for 2 people / 200g for 4 people) and **eggs**. Lightly whisk to combine. Add the **pancake dry mix** and whisk until just combined.

TIP: Don't worry if the batter is thick, it makes for fluffy pancakes!



Char the pineapple

While the crumb is baking, peel and core the **pineapple** (see ingredients), then cut into thin slices. Cut the **lime** into wedges. Heat a large non-stick frying pan over a high heat. Cook the **pineapple** until charred, **1-3 minutes** each side. Transfer to a plate.

TIP: If you don't have a non-stick pan, use butter to grease the pan!



Cook the pancakes

Return the frying pan to a medium heat. When the pan is hot, add 1/3 cup of the **pancake batter**, and cook until golden and cooked through, **4-5 minutes** each side. Transfer to a plate. Repeat with the remaining **pancake batter**.

TIP: Save time and cook your pancakes on two non-stick frying pans if possible!



Make the coconut lime caramel

Return the pan to a medium-high heat. Cook the **coconut cream** and **caramel sauce** (see ingredients), stirring, until slightly thickened, **3-4 minutes**. Add a good squeeze of **lime juice** and a generous pinch of **salt**. Stir to combine, then transfer to a bowl.



Serve up

Pick and thinly slice the **mint** leaves. Divide the pancakes and charred pineapple between plates. Top with the coconut lime caramel and remaining yoghurt. Sprinkle over the nut crumb. Garnish with the mint. Serve with the remaining lime wedges.

Enjoy!