



# Sticky Date Pudding

with Caramel Sauce & Cream

Grab your Meal Kit with this symbol



Diced Dried Dates



Basic Sponge Mix



Brown Sugar



Caramel Sauce



Longlife Cream

Hands-on: 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 will need

Small saucepan · 15cm x 20cm baking dish

## Ingredients

	<b>4 People</b>
diced dried dates	1 packet
boiling water*	½ cup
butter*	110g
basic sponge mix	½ medium packet (100g)
brown sugar	½ medium packet (100g)
eggs*	2
caramel sauce	1 medium packet
longlife cream	½ bottle (125ml)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	3550kJ (848Cal)	1530kJ (365Cal)
Protein (g)	9.5g	4.1g
Fat, total (g)	43.7g	18.8g
- saturated (g)	26.9g	11.6g
Carbohydrate (g)	85.8g	36.9g
- sugars (g)	71.9g	30.9g
Sodium (mg)	1200mg	515mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Soak the dates

Boil the kettle. Preheat the oven to **200°C/180°C fan-forced**. Finely chop the **diced dried 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 to use in step 2!

3



## Bake the pudding

Generously grease the base and sides of the baking dish and pour in the **sticky date batter**. Bake until just firm to the touch, **35-40 minutes**. When the pudding has **5 minutes** cook time remaining, return the saucepan to a medium heat. Cook the **caramel sauce**, whisking, until starting to bubble, **4-5 minutes**. Poke a few holes in the top of the pudding and pour over the **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. Add the **basic sponge mix** (see ingredients), **brown sugar** (see ingredients), **melted butter** and **eggs** to the bowl with the **dates** and **water** and mix until well combined.

4



## Serve up

Divide the sticky date pudding between bowls and top with the **longlife cream** (see ingredients).

**Enjoy!**