



# Dark Chocolate Mousse

with Tony's Chocolonely Dark Chocolate Bar

Tony's Chocolonely 50-65 Minutes • Veggie

17A

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Tony's Chocolonely Dark Chocolate Bar



Caster Sugar



Creme Fraiche



Pistachios

In collaboration with



Tony's Chocolonely

Tony's Chocolonely are the chocolate makers on a serious mission to end modern slavery in the chocolate industry.

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Bowl, saucepan and electric whisk.

## Ingredients

Ingredients	Quantity
Tony's Chocolonely Dark Chocolate Bar <b>11</b> )	1
Caster Sugar	75g
Creme Fraiche** <b>7</b> )	450g
Pistachios <b>2</b> )	25g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>365g</b>	<b>100g</b>
Energy (kJ/kcal)	5982/1430	1639/392
Fat (g)	115.8	31.7
Sat. Fat (g)	68.5	18.8
Carbohydrate (g)	80.6	22.1
Sugars (g)	69.9	19.2
Protein (g)	15.5	4.3
Salt (g)	0.30	0.08

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**2)** Nuts **7)** Milk **11)** Soya

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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1



2



3



## Melt the Chocolate

**a)** Depending on how many **chocolate mousses** you are making, set aside 2-4 whole pieces of **Tony's Chocolonely Dark Chocolate Bar** to decorate with later. Chop the remaining **chocolate** into small pieces and place into a large bowl.

**b)** Add the **sugar** and **creme fraiche** to a small saucepan on medium heat and stir to combine. Bring the mixture to a simmer, stirring often, for 2-4 mins.

**c)** Once hot, pour the **creme fraiche mixture** over the **chopped chocolate** in the bowl and mix until the **chocolate** is melted and smooth.

## Let's Chill and Whip

**a)** If you have an electric whisk, cover the bowl of **chocolate mixture** and refrigerate until cooled, 30-40 mins.

**b)** If you don't have an electric whisk, divide the **chocolate mixture** between 2-4 appropriately sized glasses or ramekins before refrigerating until set, 1.5-2 hours.

**c)** Meanwhile, remove the **pistachios** from their shells, then roughly chop.

**d)** Once cooled, using an electric whisk, whip the **chocolate mixture** until light and fluffy, 5-10 mins. **TIP:** *The longer you whip, the lighter the mousse will become.*

## Serve your Tony's Treat

**a)** If you haven't already, divide the **chocolate mousse** between 2-4 appropriately sized glasses or ramekins.

**b)** Sprinkle each **chocolate mousse** with the **chopped pistachios** and top with a reserved **chocolate** piece each to finish.

Enjoy!