



Cinnamon Apple & Blueberry Puffy Pastry Pies

with Cinnamon Sugar Sprinkle

Dessert 40-45 Minutes • 1 of your 5 a day • Veggie

18A

Find all your unchilled Market items in bag A.



Puff Pastry Sheet



Ground Cinnamon



Caster Sugar



Apple



Blueberries

Pantry Items
Water

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, peeler, saucepan, baking paper, baking tray and sieve.

Ingredients

Ingredients	Quantity
Puff Pastry Sheet** 13)	1 pack
Ground Cinnamon	4 sachets
Caster Sugar	75g
Apple**	2
Blueberries**	125g

Pantry	Quantity
Water*	1 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	359g	100g
Energy (kJ/kcal)	3591/858	1002/239
Fat (g)	39.0	10.9
Sat. Fat (g)	20.9	5.8
Carbohydrate (g)	116.9	32.6
Sugars (g)	60.6	16.9
Protein (g)	9.5	2.7
Salt (g)	1.09	0.31

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

Allergens

13) Cereals containing gluten

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



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Bring on the Blueberry Filling

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **puff pastry** from your fridge and allow to come up to room temperature.

b) Meanwhile, in a small bowl, mix together the **cinnamon** and **sugar**. Reserve **2 tsp** of the **cinnamon sugar** in another small bowl to sprinkle over at the end.

c) Peel the **apples**, then quarter, core and roughly chop into 1cm pieces.

d) In a small saucepan, combine the **apples**, **blueberries**, the remaining **cinnamon sugar** and **1 tbsp water**. Stir on medium heat, squashing the **blueberries** as they cook, until they are jammy and deep purple, 4-5 mins.

e) Set aside to cool, 10 mins.

Fill the Pies

a) Unroll the **puff pastry**, keeping it on its baking paper. Slice once horizontally, then once vertically into 4 equal rectangles. Transfer the **pastry** with the baking paper to a baking tray.

b) Place a sieve over a large bowl and strain the **cooled blueberry mixture** through the sieve. Keep the **blueberry sauce** in the bowl for later.

c) On each **pastry rectangle**, place the **blueberry and apple mixture** from the sieve vertically in a long strip, just off-centre. Leave a 1cm gap at the top and bottom.

d) Brush a little **water** along the sides of each rectangle.

Ready, Steady, Bake

a) To make your **pies**, fold the other side of the **pastry** lengthways over the **filling**. Press down lightly with a fork over the seams to secure.

b) Brush the top of each **pie** with a little **water** and sprinkle over the reserved **cinnamon sugar**. Make a few small slits across the top of the **pastry** to allow the steam to escape.

c) Bake on the middle shelf of the oven until puffed and golden, 12-15 mins. **TIP:** Rotate the baking tray halfway through baking to give your pies an even, golden colour.

d) Once baked, transfer your **pies** to your serving plates. Drizzle over the **blueberry sauce** to finish.

Enjoy!