



Chocolate, Caramel and Coconut Pots with Caramelised Roasted Nut Sprinkle

Dessert Prep Time: 15-20 Minutes • Chill Time: 2-3 Hours • Veggie

18A

Find all your unchilled Market items in bag A.



Coconut Milk



Chocolate Chips



Salted Caramel Sauce



Pistachios



Toasted Flaked Almonds

Pantry Items
Salt

Before you start

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

Cooking tools

Saucepan, cling film, frying pan and bowl.

Ingredients

| Ingredients | Quantity |
|-----------------------------------|----------|
| Coconut Milk | 180ml |
| Chocolate Chips 11) | 100g |
| Salted Caramel Sauce 7) | 80g |
| Pistachios 2) | 25g |
| Toasted Flaked Almonds 2) | 15g |

*Not Included **Store in the Fridge

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|-----------|
| Energy (kJ/kcal) | 2726 /652 | 1363 /326 |
| Fat (g) | 41.5 | 20.7 |
| Sat. Fat (g) | 24.9 | 12.4 |
| Carbohydrate (g) | 56.9 | 28.5 |
| Sugars (g) | 51.7 | 25.9 |
| Protein (g) | 9.3 | 4.6 |
| Salt (g) | 0.50 | 0.25 |

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



Begin your Desserts

TIP: Put 2-4 glasses or ramekins into the fridge before starting if you're in a rush.

a) Pour the **coconut milk** into a medium saucepan and pop onto medium-high heat. Bring to a boil and simmer, 1 min.

b) Remove from the heat and immediately add the **chocolate chips**, **three quarters** of the **salted caramel** and a pinch of **salt**. Allow to sit for 1 min, then stir together until the **chocolate** is melted and completely combined.

The Big Chill

a) Pour the **coconut chocolate mixture** into 2-4 appropriately sized glasses or ramekins.

b) Cover with cling film and pop into the fridge to set. This will take 2-3 hours if you want them to fully set, but they'll still be delicious if you want to enjoy them immediately or in an hour.

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

Fry and Finish

a) Next, heat a medium frying pan on medium heat (no oil). Once hot, add the **pistachios** and dry-fry, stirring regularly, until toasted, 2-3 mins. **TIP:** Watch them like a hawk as they can burn easily.

b) Once toasted, remove from the heat. Add the **toasted almonds**, remaining **salted caramel sauce** and a pinch of **salt** to the pan. Stir together and transfer to a bowl.

c) Once ready to serve, spoon the **salted caramel toasted nuts** on top of the **chocolate pots** to finish.

Enjoy!