



Tropical Pineapple and Coconut Pies

with Zesty Whipped Creme Fraiche and Salted Caramel

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

18A

Find all your unchilled Market items in bag A.



Puff Pastry Sheet



Lime



Pineapple Rings



Desiccated Coconut



Salted Caramel Sauce



Creme Fraiche

Pantry Items
Sugar

Before you start

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

Cooking tools

Fine grater, bowl, baking tray, baking paper and whisk.

Ingredients

Ingredients	Quantity
Puff Pastry Sheet** 13)	1 pack
Lime**	1
Pineapple Rings	1 tin
Desiccated Coconut	15g
Salted Caramel Sauce 7)	80g
Creme Fraiche** 7)	150g

Pantry	Quantity
Sugar*	4 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	401g	100g
	4717 / 1127	1178 / 281
Fat (g)	70.6	17.6
Sat. Fat (g)	42.2	10.5
Carbohydrate (g)	109.3	27.3
Sugars (g)	49.1	12.3
Protein (g)	12.2	3.0
Salt (g)	1.51	0.38

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

Allergens

7) Milk 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, mollusc, 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



Get Prepped

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) Zest and cut the **lime** into wedges.

c) Remove the **pineapple rings** from the tin, cut into small chunks and add to a medium bowl. Stir **three quarters** of the **desiccated coconut** and **three quarters** of the **salted caramel sauce** into the bowl.

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

Ready, Set, Bake

a) On each **pastry rectangle**, spoon the **pineapple mixture** vertically in a long strip, just off-centre, leaving a 1cm gap at the top and bottom. Brush a little **water** along the sides of each rectangle.

b) To make your **pies**, fold the other side of the **pastry** lengthways over the filling. Press down lightly with a fork over the open sides to secure. Brush the top of each **pie** with a little **water** and sprinkle over **half** the **sugar** (see pantry for amount).

c) Make a few small slits across the top of the **pastry** to allow the steam to escape.

d) 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.*

Finish and Serve

a) Meanwhile, whisk the **creme fraiche**, **lime zest** and the remaining **sugar** in a medium bowl until thick, 1-2 mins.

b) When baked, remove the **pies** from the oven and allow to cool slightly, 5-10 mins. Drizzle over the remaining **salted caramel sauce** and sprinkle over the remaining **desiccated coconut**.

c) Serve the **pies**, warm or cold, with a dollop of **zesty creme fraiche** and the **lime wedges** for squeezing over.

Enjoy!