



Tropical Pineapple Coconut Overnight Oats

with Lime and Coconut Milk

Breakfast 5-10 Minutes • 1 of your 5 a day • Veggie

8A

Find all your unchilled Market items in bag A.



Instant Oats



Coconut Milk



Pineapple Rings



Lime

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

Bowl and fine grater.

Ingredients

Ingredients	Quantity
Instant Oats 13	120g
Coconut Milk	500ml
Pineapple Rings	1 tin
Lime**	1

Pantry	Quantity
Water*	200ml
Sugar*	3 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	526g 2932 /701	100g 557 /133
Fat (g)	47.6	9.1
Sat. Fat (g)	38.3	7.3
Carbohydrate (g)	52.7	10.0
Sugars (g)	18.2	3.5
Protein (g)	10.2	1.9
Salt (g)	0.03	0.00

*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, 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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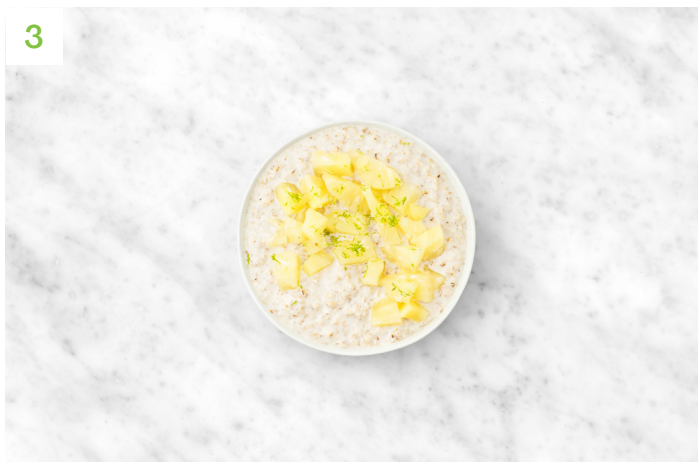
1



2



3



Get Mixing

a) In a large bowl, mix the **instant oats** with the **coconut milk**, the **water** and **two thirds** of the **sugar** (see pantry for amount).

b) Cover and refrigerate overnight.

Prep the Toppings

a) When you're ready to eat, remove the **pineapple** from the tin and cut into 1cm chunks. Pop the **pineapple** into a medium bowl.

b) Zest and juice the **lime** into the bowl of **pineapple**.

c) Add the remaining **sugar**, then stir to combine.

Breakfast is Served

a) Divide the **coconut overnight oats** between 2 serving bowls

b) Top with the **zesty pineapple mixture** to finish.

Enjoy!