



Chocolate Orange Ice Cream with Condensed Milk

Dessert Prep Time: 40-45 Minutes • Freeze Time: 6-8 Hours • Veggie

17A

Find all your unchilled Market items in bag A.



Orange



Cornflour



Creme Fraiche



Chocolate Chips



Condensed Milk

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

Fine grater, saucepan, whisk, bowl and electric whisk.

Ingredients

Ingredients	Quantity
Orange**	1
Cornflour	20g
Crema Fraiche** 7)	450g
Chocolate Chips 11)	100g
Condensed Milk 7)	397g

Pantry	Quantity
Salt*	¼ tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	572g	100g
Energy (kJ/kcal)	6924 /1655	1211 /289
Fat (g)	100.1	17.5
Sat. Fat (g)	63.0	11.0
Carbohydrate (g)	168.1	29.4
Sugars (g)	150.7	26.4
Protein (g)	23.6	4.1
Salt (g)	1.36	0.24

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

Allergens

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, 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



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Make the Ice Cream Base

a) Zest the **orange**, then set aside the **orange** for the final step.

b) In a medium saucepan, whisk together the **cornflour**, **creme fraiche**, **chocolate chips**, **orange zest** (use less if you prefer things less citrusy) and **¼ tsp salt**.

c) Bring the **mixture** to the boil on medium-high heat, then reduce the heat and simmer, whisking constantly, until the **chocolate** is melted and **creme fraiche** has thickened, 7-8 mins.

Whip it Up

a) Pop the **thickened creme fraiche mixture** into a medium bowl, cover and refrigerate until completely cool, 1.5-2 hours.

b) Once completely cooled, using an electric whisk, whip the **creme fraiche mixture** on high until it forms stiff peaks, 4-5 mins.

c) Reduce the whisk speed to medium, then slowly pour in the **condensed milk** until fully combined.

Time for Ice Cream

a) Pour the **mixture** into an appropriately sized container, then pop into the freezer until completely solid, 6-8 hours.

b) Meanwhile, peel and segment the **orange**. Pop the **segments** into a small bowl, cover, then set aside in the fridge.

c) Take the **ice cream** out of the freezer 10-15 mins before serving to soften slightly. Scoop into bowls and top with the reserved **orange segments** to finish.

Enjoy!