



Olympic Gold Medal Apple Rings

with White Chocolate and Speculoos Biscuit

Olympic Fever 20-25 Minutes • Veggie

17A

Find all your unchilled Market items in bag A.



Apple



White
Chocolate Chips



Speculoos Biscuit
Crumb

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, bowl and baking paper.

Ingredients

Ingredients	Quantity
Apple**	4
White Chocolate Chips 7) 11)	90g
Speculoos Biscuit Crumb 11) 13)	125g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	288g	100g
Energy (kJ/kcal)	2666 /637	927 /222
Fat (g)	29.2	10.2
Sat. Fat (g)	15.2	5.3
Carbohydrate (g)	86.1	29.9
Sugars (g)	64.4	22.4
Protein (g)	7.9	2.7
Salt (g)	0.71	0.25

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

Allergens

7) Milk 11) Soya 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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The Fresh Farm
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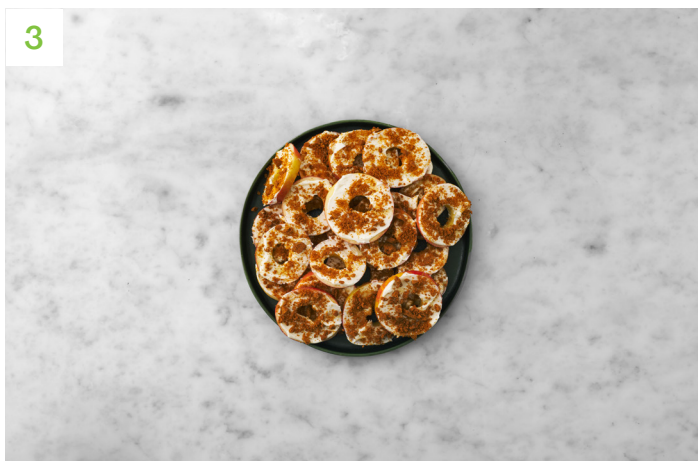
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2



3



Get Slicing

a) Turn the **apples** on their sides and slice into 1cm thick **slices**.

b) Carefully cut out the centre of each **slice** to remove the core. **TIP:** You can use a small cookie cutter or a bottle lid to cut out a perfect centre circle.

Melt the Chocolate

a) In a small saucepan, melt the **white chocolate chips** on medium heat, 2-3 mins.

b) Meanwhile, empty the **speculoos biscuit crumbs** into a medium bowl.

Serve up your Gold Medals

a) Once the **chocolate** is melted, dip one side of each **apple slice** into the **chocolate**, then immediately dip into the **speculoos**.

b) Pop the **apple slices** onto a plate lined with baking paper, then place into the fridge to set for 10-15 mins before serving.

Enjoy!