



Tropical Mango Smoothie Kit

with Pineapple, Orange, Coconut Milk Yoghurt and Avocado

Breakfast 5-10 Minutes • 3 of your 5 a day • Veggie

8A

Find all your unchilled Market items in bag A.



Mango



Avocado



Pineapple Rings



Orange



Natural Coconut Milk Yoghurt Alternative

Pantry Items
Honey

Before you start

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

Cooking tools

Peeler and blender.

Ingredients

Ingredients	Quantity
Mango**	2
Avocado	1
Pineapple Rings	2 tins
Orange**	1
Natural Coconut Milk Yoghurt Alternative**	160g

Pantry	Quantity
Water*	100ml
Honey*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	808g	100g
Energy (kJ/kcal)	2768 /662	343 /82
Fat (g)	32.2	4.0
Sat. Fat (g)	16.6	2.1
Carbohydrate (g)	92.0	11.4
Sugars (g)	85.1	10.5
Protein (g)	6.9	0.9
Salt (g)	0.38	0.05

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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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Prep Time

a) Peel the **mangoes**. Slice down either side of the stone to make 2 'cheeks'. Cut any remaining flesh from the stone, then cut the **mangoes** into large pieces (discard the stone). Pop into your blender.

b) Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh into your blender.

c) Remove the **pineapple rings** from the tin and add to the blender, then add **half** the **pineapple juice** from the tins. Discard the remaining juice or keep for another recipe.

Blend and Adjust

a) Halve the **orange**, then juice it into the blender. Add the **coconut milk yoghurt** to the blender.

b) Blend until smooth, 1-2 mins. If you would like your **smoothie** thinner, add the **water** (see pantry for recommended amount) and blend. **TIP:** Add a little at a time until you reach the desired consistency.

c) If you like your **smoothie** a little sweeter, add **honey** to taste (see pantry for recommended amount).

Serve up your Smoothie

a) To make your **smoothie** colder, add a few **ice cubes** and blend until smooth.

b) Divide your **smoothie** between 2 glasses to finish.

Enjoy!